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THE NEWSPAPER FOR CHATHAM, GILLINGHAM, ROCHESTER, STROOD, RAINHAM & DISTRICT



**Issue No 54**  
Available from Wednesday,  
September 17, 2008



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**24th September 2008**  
**8am-4pm**  
**FREE ENTRY**



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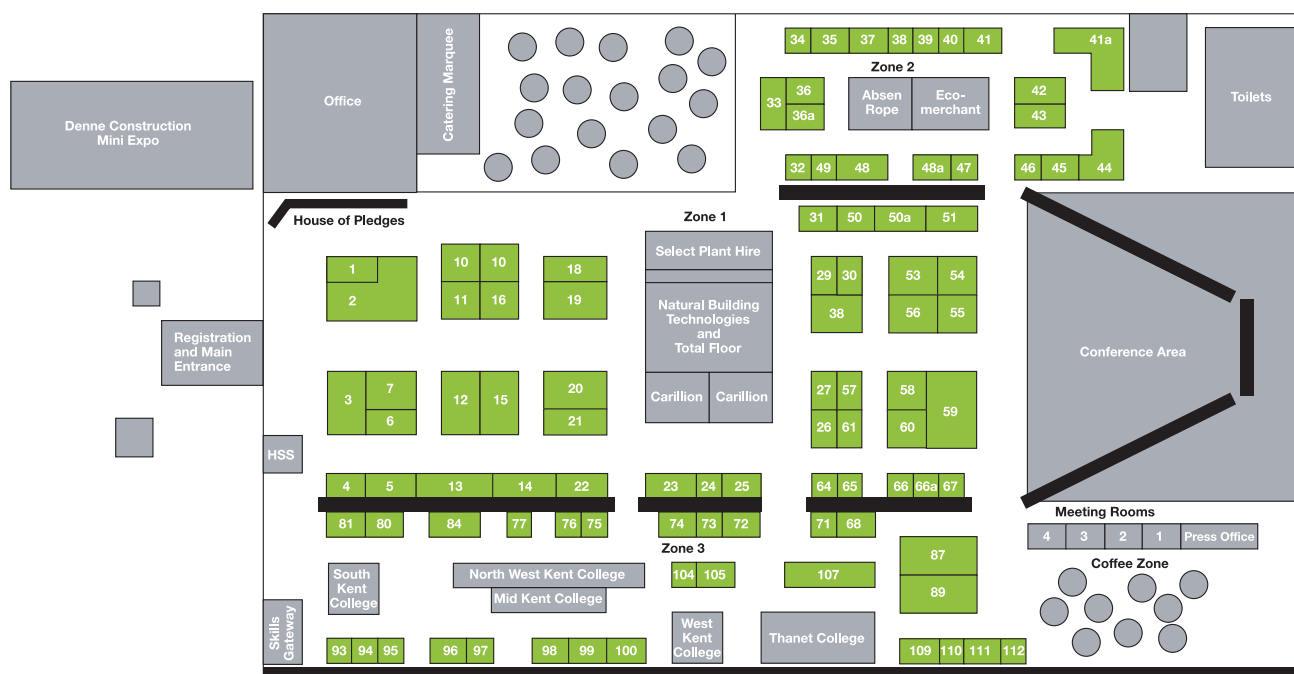
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# Chatham Historic Dockyard 24th September 2008 8am-4pm FREE ENTRY

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# WE HAV VAYS OF MAKING YOU VALK...

## German cops end millionaires' Euro-tour

A RESPECTED businessman's dream driving tour across Europe was dashed after German police impounded more than 30 of his middle-aged party's high-performance cars.

Property developer Jerry Overbury, from Rainham, has spent £1,800 on the sedate five-day Euro Enduro run, which aimed to pass through five countries.

But the tour was brought to a halt on day one by German cops, who claimed the group were illegal boy racers and towed their luxury cars.

The 45-strong fleet of top-spec vehicles, including Ferraris, Porsches and

### EXCLUSIVE

BY SIMON ROBINSON

Audis, clashed with police lying in wait for the group near the Belgian border on Saturday afternoon.

Mr Overbury, who was driving his £120,000 Bentley Continental, like the car pictured, said: "The police set up road blocks, pulled over most of the cars and impounded them."

"They then demanded 1,000 euros (£800) from each person to release the cars, some of which were damaged by the tow trucks. The drivers even had to pay 350 euros (£280) for an interpreter. I was one of a small group of drivers to avoid the road blocks."



The fuming drivers were forced to spend Saturday and Sunday in hotel rooms waiting for their cars to be released.

Mr Overbury added: "The German police have deemed the trip a race but it wasn't. We have not broken any laws; no-one has been arrested for speeding or any other offence."

"But when we got our cars back the

CONTINUED ON PAGE 3



Picture: SIMON ROBINSON

## PESKY PEACOCK BERT MOVED ON

This strutting peacock's four-month reign of terror has come to an end.

The rogue bird was public enemy number one in Wainscott when it began chasing and attacking residents.

Homeowner Hazel Tompsett was scratched twice in less than a week by the anti-social peacock, nicknamed Bert by its victims, leaving her too afraid to leave the house on her own. Even her cats were afraid to cross paths with the colourful creature, with the felines ducking into bushes whenever Bert swooped into their garden.

But Bert's grip on the community has been ended by Medway council's safer communities team. Workers captured him this week and released him on a ten-acre estate in Lenham, where he is unable to cause any mischief.

FULL STORY ON PAGE 4

ISSN 1753-119-5



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Full screen

**3** Why were these people all doing cartwheels? Search 'way' on the community channel @ yourkenttv.co.uk

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# Face of 'scruffy' man wanted in double attack



**WANTED:** Police have issued two e-fits made up of the women's descriptions of their attacker

A SEX attacker is being hunted by police after lunging at two young women in quick succession earlier this month.

The 40 to 50-year-old struck in the early hours of Saturday, September 6, in Gillingham.

The first woman was attacked in Parr Avenue between 4.45-5.15am as she walked home.

It is reported the 'scruffy' man followed her along the road and assaulted her at the junction of Selbourne Road and Milner Road.

The 23-year-old was able to fight off her attacker and run to safety.

Undeterred, the sex beast struck attacked again shortly afterwards in the area of Brooklyn Paddock, this time targeting a 24-year-old woman. Police have issued two e-fits from differing descriptions given by the victims in the hope someone will recognise the attacker.

He is said to be white with short dark hair possibly greying, of average build and 5ft 6ins to 5ft 9ins tall.

He was wearing denim jeans and a dark coloured, zip-up top, believed to be denim.

In the first incident he was described as wearing a baseball cap.

■ BY JAMES ALEXANDRE

He had a scruffy appearance and smelt strongly of alcohol.

Police would like to speak with a possible witness who they believe to have been in the area at the time.

He is a smart-looking, very tall white man, around 30 years old, bald and wearing oval glasses. He was carrying a rucksack on his back and had both straps over his shoulders.

Detective Inspector Lee Whitehead said: "We are appealing for anyone who may have been in the area around the time of the incident and witnessed anything suspicious to please contact the major crime department at Chatham police station."

"We would like to hear from anyone who may have seen the man and I urge people to cast their minds back to the morning of Saturday, September 6."

Police ask that women remain cautious, particularly when alone, but stress that incidents such as these are infrequent and violent crime levels in Medway remain low.

If anyone can help police with their investigation please contact the major crime department on 01634 884011 or call Kent CrimeStoppers on 0800 555111.

yourmedway  
**NEWS** IN BRIEF

## Cliff jumper suffers break on Welsh coast

A WOMAN had a lucky escape after tumbling into the sea during a work trip in Wales.

The 30-year-old from Rochester, who has not been named, slipped on rocks while 'coasteering' in Abereddi Bay on Saturday, suffering a suspected broken ankle. Colleagues called the coastguards, who took her to a hospital.

Coasteering involves climbing, swimming and cliff jumping off rocky coastlines.

## Police escort final set of wind turbine blades

THE final three lorry loads of wind turbine propeller blades left Chatham Dockyard on Monday morning.

The heavy goods vehicles – each one 47m-long – left the dockyard between 10-11am en route to Romney Marsh.

A Kent police spokesman said: "This was the final phase of escorting vehicles carrying the blades. In total 78 vehicles have been escorted, with six police motorcyclists and one car providing the escort for each journey."

## Three-star rating for hotel after inspection

A GILLINGHAM hotel has picked up another star in its latest inspection, taking its tally up to three.

The King Charles Hotel was given the improved rating by Visit Britain workers, who carefully examined numerous features of the Brompton Road premises.

A hotel spokesman said: "The extra star rating is in recognition of the extensive refurbishment to the hotel, and the friendly professional staff."

## Free art exhibition is all ladies' own work

PAINTINGS by three women artists will be on display at Riverside Country Park until next month.

The free exhibition features watercolours from Chris Ann Kent, Pam Sinclair and Lesley Emmitt.

The display will run at the Gillingham park's information centre gallery until Saturday, October 4.

Riverside Country Park can be found in Lower Rainham Road. For more information call 01634 337432.

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# CPS defends decision to take Hoo 6 to court

BY SIMON ROBINSON

THE Crown Prosecution Service has defended its decision to bring charges against a group of eco-activists – despite a jury clearing each of the protestors of any wrongdoing.

The Kingsnorth Six walked free from Maidstone Crown Court last week after being acquitted of causing £30,000 of criminal damage to the Hoo peninsula power station.

Their eight-day trial and the not guilty verdicts received media coverage across the globe, sending Greenpeace's anti-coal message to the top of the news agenda.

Kent's chief Crown prosecutor Roger Coe-Salazar said the case, which left the CPS with a bill of £3,809, was "an entirely appropriate one" for them to charge and prosecute.

He added: "I am fully satisfied the case met both the evidential and public interest test that prosecutors apply to all cases.

"So far as the question posed regarding whether it was a good use of taxpayer's money, given the considerable publicity the case has attracted for Greenpeace, I am of course, as are now most people, aware of the issues underpinning this case.

"Accordingly it is important to make it clear that as independent prosecutors it is our role to apply the law and make our decisions within the framework set out in the code for Crown prosecutors. This is not some simplistic or automated process, but requires careful and often very complex factors to be balanced within our decision making.

"However, it is right that we take, and continue to take, those decisions unfettered by political or indeed any other inappropriate consider-



WALKING TALL: (Left to right) Huw Williams, Kevin Drake, Ben Stewart, Tim Hewke, Emily Hall and Will Rose

ations; no matter how unpopular they may be within certain segments of society."

Eco-campaigner Ben Stewart, one of the five-strong group that abseiled down Kingsnorth's 200m chimney, painting 'Gordon' as they went, said the jury's non-guilty verdict would "resonate through the corridors of Whitehall".

The 24-year-old, from Lyminge, near Folkestone, said: "We're really happy and also very relieved. We feel that it was the right decision. The jury heard a very detailed amount of evidence about coal and came to the conclusion that our protest, which closed down Kingsnorth power station for a day, was legitimate.

"This verdict will resonate through the corridors of Whitehall.

"I don't doubt for one moment that the secretaries of state are being told about the outcome and will be forced to draw the correct inference: people are getting smart about the damage coal is having on our planet.

"Now is the moment to draw the line in the sand – no new coal and no new Kingsnorth."

Mr Stewart was charged with causing criminal damage alongside Kevin Drake, 44, of Wiltshire, Huw Williams, 41, of Nottingham, Will Rose, 29, of London, and Emily Hall, 34, from New Zealand.

Tim Hewke, 48, from Ulcombe, near Maidstone, was accused of organising the protest from the ground and faced the same charge.

They were cleared by a ten to two majority.

## Stricken Gills FC call in the A Team...Jnr

A-TEAM mercenary Faceman rolled into Medway last week to support his football-playing son.

Dirk Benedict, who starred alongside BA Baracus in the cult '80s action show, was spotted at Gillingham's Priestfield Stadium last week.

A-TEAM: Dirk Benedict

His son, Roland Benedict, is on trial with the League Two club and played for the Reserves who lost 2-1 to Southampton.

His arrival was well received by the Gillingham faithful – on the club's official website, one fan parodied the A-Team opening credits by writing: "Five years ago a crack footballing outfit was sent to a lower division by their Chairman for a crime they didn't commit. These men promptly escaped from their League One obscurity to League Two and the Medway underground.

"Today, still wanted by the tax man, they survive as soldiers of fortune.

"If you have a problem, if no one else can help, and if you can find them, maybe you can join Gillingham."

Another suggested the A-Team theme tune is played every time Roland scored.

## Arrest made after man was hit by car

A 35-year-old man from Rochester, was seriously injured after he was hit by a car in The Brook in Chatham at 11.25am on Monday last week.

Officers were called to the scene following reports of a fight in the area and made two arrests.

A 35-year-old man from Rochester was subsequently charged with causing grievous bodily harm with intent and dangerous driving, while a woman was bailed until November.

Police would like to talk to anyone who was in the area at the time.

Call Medway police on 01634 792431 or Kent CrimeStoppers on 0800 555111.

## 'Diabolical' treatment by police

CONTINUED FROM FRONT PAGE

cops told us to come back to England immediately. We told them we'd been drinking the night before and were not fit to drive so they told us we had 24 hours to leave the country.

"How can they say that? We hadn't done anything wrong. The way the police behaved has been absolutely diabolical."

The property developer said the German police had lifted the drivers' names and car details from the Euro Enduro website and that the authorities had been in touch with the trip's organisers, Circuit Days, telling them not to race through their country.

He said: "I'm told Circuit Days received a letter saying we were not welcome but this was not relayed to us. We should have been told about this as then we could have decided whether to drive through Germany or not."

A spokesman for Circuit Days said: "The Euro Enduro is not an illegal race. The police have no evidence of any speeding, careless, inconsiderate or dangerous driving by participants."

## Radio 4 show pays tribute to Mollie's illustrious career

SCRIPTWRITER Mollie Millett will be featured on BBC Radio 4 tomorrow morning on a programme entitled Thoroughly Modest Millie.

The show tells the tale of how a classroom dare started the Gillingham resident's illustrious career, which would see her collaborate with radio stars such as Kenneth Horne, Arthur Askey and Dick Emery.

Fellow pupils at Rochester Grammar School for Girl in 1951 urged Mollie to send some of her comedy scripts to Mr Horne, who dominated the airwaves from the 1940s to 1960s.

The comedian was suitably impressed with Mollie's ideas and went on to form a long-running partnership with the young scriptwriter, particu-

larly in the Beyond Our Ken series.

Mollie's son, Andy Millett, said: "A couple of months ago BBC radio producer Alan Stafford said he wanted to do a programme about ghost-

writing and asked if my mum would mind being interviewed.

"When she asked which other script writers would be featured she was somewhat taken aback when he said, 'it's just about you'."

Mollie, a life-long member of the Salvation Army, has lived in Gillingham since 1964.

She stepped out of the world of ghost-writing to front a regular thought-for-the-day type slot on BBC Radio Medway entitled



TALENTED: Mollie Millett

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NEWS IN BRIEFChampionship team take  
Gillingham coach on side

COACH firm Kings Ferry has added another top football club to its list of clients, agreeing a two-year deal with Birmingham City FC.

The company, based in Gillingham, will drive the team's players and support staff to and from all of their fixtures across the country – a service already enjoyed by the likes of Fulham, Charlton and Watford.

Kings Ferry's operations director Ian Fraser said: "We are really pleased to have won the two-year contract with Birmingham."

Pembroke Lecture looks  
at heritage application

CHATHAM'S World Heritage Site application will provide the topic for the latest Pembroke Lecture, held at the University of Greenwich at Medway next month.

The free talk will cover Chatham's four-century domination of the seas, the history of the dockyard, Upnor Castle and Fort Amherst, as well as why the area is receiving funding for a World Heritage Site application. Tickets are available from today by calling 01634 883154 or by emailing pembrokelectures@gre.ac.uk.

Shoppers asked to help  
Marines shoebox appeal

VETERANS will take to Hempstead Valley this weekend to ask shoppers to back their shoebox appeal.

Canterbury's Royal Marines Association hopes to provide a box of luxuries for each of the 8,000 servicemen currently posted in Afghanistan.

To donate to the appeal contact Anne-Marie Taylor on anne@rmashoebox.com, or visit www.rmashoebox.com.

TV period costumes on  
show at Dickens World

DECORATIVE Victorian costumes will go on display at Dickens World on Monday.

The handmade gowns and suits were made especially for TV costume dramas Cranford and Little Dorrit.

The Cranford pieces, worn by the likes of Dame Judy Dench and Imelda Staunton, will be on show at the Chatham Maritime visitor attraction from Monday until December 3.

The costumes used in Charles Dickens' Little Dorrit, which hits the screens in November, will go on display from January to April 2009. For more information visit www.dickensworld.co.uk.

Bird wrecked havoc on 78-year-old Hazel  
Bert the peacock is  
finally sent pecking

## EXCLUSIVE

BY SIMON ROBINSON

AN ANTI-SOCIAL peacock that scratched and pecked residents has been re-homed by council officers.

The wildfowl, nicknamed Bert by his victims, attacked dozens of homeowners in Wainscott during a four-month reign of terror.

One of the bird's regular targets was great grandmother Hazel Tompsett, of Islingham Farm Road.

The 78-year-old was left with deep cuts to her nose, bruising on her hand, arm and wrist and scratches on her head after being attacked twice in a week.

The latest incident, which took place on Friday afternoon, left her too frightened to leave the house alone.

She said: "I was hanging some washing up in the garden when the bird flew down on me and clawed me on the head and nose."

"After he attacked me I could not get back into the house. He just would not let me move."

"He also got me on Wednesday, September 10, scratching me on my hand and wrist."

"He has attacked quite a few people, including my seven-year-old great grandson Charlie. My son is 50 and even he's frightened of Bert. Our neighbour contacted the RSPCA and the RSPB, but nobody seemed to want to get him."



FEATHERED FOR: Bert the peacock's last attack on 78-year-old Hazel Tompsett left her with a clawed head and nose

Hazel's prayers were answered by Medway council's safer communities team. The department's Russel Songhurst was despatched to capture the escaped bird earlier this week.

Safer communities head Gavin Wilders said that although council responsibilities stop short of keeping an eye on ornamental birds, the council decided it should step in and help.

"We contacted the RSPCA, but they said they couldn't help, so we decided this was a practical way in which we could keep the community

safer, at least from sharp-beaked birds.

"We sent Russell, who is one of the council's senior safer communities officers, out with the equipment that our dog wardens use and he managed to catch the peacock and put it safely in a cage in the back of his van."

The peacock is now enjoying a new life on a ten-acre estate at Lenham, near Maidstone.

Hazel said she delighted the council had intervened. She said: "I'm pleased Bert's been taken away."



CATCH: Harry Dunk with a trout he netted

## Kids get hooked on new course

A HOUSING company is hoping to hook its younger tenants on a fishing taster course.

Riverside Housing will hold a number of taster sessions at the Buckland Fisheries – the new centre for recreational fishing in Cliffe – after a one-off event proved a popular choice for youngsters in the area.

The firm's community initiatives officer Jane Wiseman said: "We are planning to hold regular free fishing sessions for youngsters in Cliffe."

"We have already spent £1,650 to provide equipment and we are hoping to find further funding for staffing and licensing. Fishing is a great activity for young people to get involved in."

"It encourages concentration and focus, has a calming influence, and of course helps youngsters engage with the natural world."

Fishery manager Mark Stone added: "The day was a great success. The youngsters were keen to have a go and some were thrilled to catch their first fish."

"We really want to get more kids involved, not only in fishing, but in developing an interest in the wildlife in the area."

Buckland is a haven for natural wildlife with kingfishers, peregrines and other birds gathering at the newly opened trout lake, family and match lakes due for completion this year.

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**COR BLIMEY!** Chatham Historic Dockyard will pay tribute to the men and women of World War Two this weekend

# Wartime spirit revived down at Dockyard

PEARLY kings and queens will be keeping spirits up during Chatham Historic Dockyard's salute to the '40s Wartime Weekend.

The cockney group will be found singing around the piano of Nelson's Brewery's homely wartime pub, open this Saturday and Sunday.

Hundreds of re-enactors will converge on the dockyard for the weekend, including British and American troops and sailors, a British Infantry Regiment complete with encampment, many civilian re-enactors portraying life on the Home Front and the Chatham and Folkestone Home Guard units portraying the men of that important organisation.

Chatham Historic Dockyard's events manager Bill Fowler said the 730 re-enactors, 200 military and civilian vehicles, and the unique backdrop of the Historic Dockyard itself, would help transport visitors back to wartime Britain.

He said: "Chatham and its dockyard were key players in Britain's war effort from start to finish. At this event we will present the dockyard almost as a film-set. The displays here for Salute to the '40s are among the best in the country, and will include a real World War Two air raid siren that will truly add to the atmosphere and possibly be heard throughout the Medway towns."

At noon each day a 'Workers Playtime' concert will see singers and dancers, and a

■ BY SIMON ROBINSON

'Cheeky Chappie' comedian, presenting music and humour of the period.

This year's Salute also features the introduction of a Blitz Ball on the Saturday evening, with music provided by a live big band and a very special 'Stars & Stripes' Show by 1940s entertainer Fiona Harrison.

Mr Fowler said: "Salute to the '40s is not intended as a glorification of war. It is a tribute to the ordinary men, women and children who pulled together for six long years of hard slog until the ultimate victory was won."

"During that time those people experienced the heights of human emotion and the country was left with the utmost respect for them, and an enduring interest in that period. "Although we hope visitors to the event have an entertaining and fun time, we also hope they will take home a much greater understanding of the unique sacrifices made by the nation."

The Blitz Ball will be held in the amazing No. 3 Covered Slip rekindling all the special memories of wartime dances held in aircraft hangers and factories up and down the country.

Tickets priced at £12.50 are selling fast from the Dockyard Ticket Office on 01634 823826. Special Event entry prices apply and discounts will apply to 12-month ticket holders. For more details visit [www.thedockyard.co.uk](http://www.thedockyard.co.uk).

## It's A Day for Heroes and pop band McFly

CHART-BUSTING band McFly will headline an event this weekend raising vital funds to support soldiers wounded while serving this country.

The top pop act, which has had seven number ones and two number one albums, will perform at the A Day for Heroes extravaganza.

The four-piece band, singer Tom Fletcher, guitarist Danny Jones, bassist Dougie Poynter and drummer Harry Judd, will be the star attraction at the fundraiser for the Help for Heroes charity at the County Showground in Detling Hill, which starts at noon on Sunday.

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NEWS IN BRIEF

## Clubs invited to join Gills Blues Booty Superdraw

THE Gills have launched a new competition that aims to support grassroots football throughout the county.

The Blues Booty Superdraw is open to all junior and senior clubs across Kent and boasts a number of perks for participants.

Any club that recruits 50 members to the superdraw will receive £300, 20 complimentary match tickets to see an upcoming Gillingham FC game and two lounge passes to all games this season.

New Road Juniors Football Club are already benefitting from the scheme and enjoyed a VIP day out at the Priestfield Stadium to watch the recent 3-0 win over Grimsby Town.

The boys received a tour of the home changing rooms before the game, a team photo on the pitch and use of an exclusive lounge.

A spokesman said: "This scheme helps to raise funds for local football clubs."

For more information call Mr Egan on 01634 350350 or 07894 000273 or Martin Weller on 01634 350129 or 07866 100367.

## Medway village is up for the title of best in Britain

BURHAM will go up against other idyllic locales from across the south after being named as Kent Village of the Year.

The Medway village came past 21 other entries to pick up the title and will now go through to the regional finals.

Competition organiser Sarah Pascoe said: "We were really pleased, as we are every year, with the high standard of entries."

"We wish Burham the best of luck in the next stage of the competition. They're a great community and we're sure they'll do really well at national level."

## Husband's daily battle for dream ticket to Maldives

A COUPLE were holidaying in the Maldives this week after winning a radio phone-in contest.

Paul Riley and wife Julie, from Chatham, flew out to the island paradise after scooping Invicta FM's Steal my Sunshine competition.

Paul won the holiday on Friday, September 5, but then had to defend it for five days facing a daily general knowledge head-to-head with listeners from across the county, hoping to snatch the trip away from him.

Fortunately, Paul was able to keep his prize, ensuring he and his wife were heading for Heathrow airport last Thursday morning.



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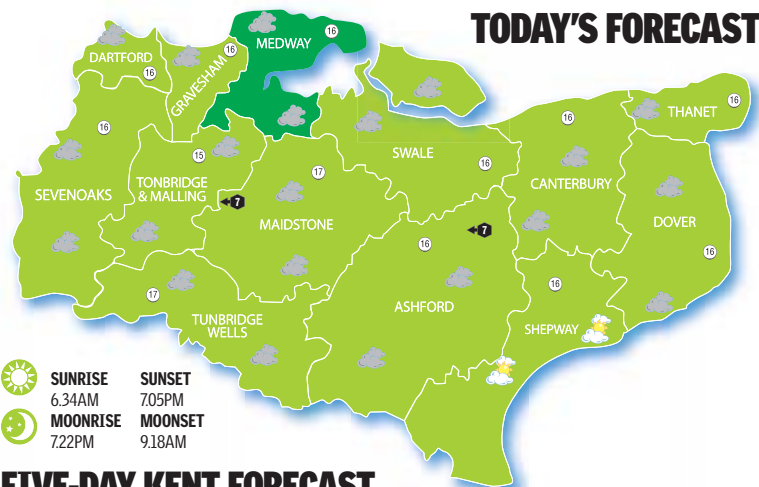
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## WEEKEND HIGH TIDES

Chatham	Saturday	3:19pm	6.3m
	Sunday	3:56pm	6.3m
Dover	Saturday	1:29pm	6.9m
	Sunday	2:06pm	6.8m
Dungeness	Saturday	1:36pm	8.3m
	Sunday	2:13pm	8.2m
Ramsgate	Saturday	1:59pm	5.3m
	Sunday	2:36pm	5.2m
Sheerness	Saturday	3:09pm	6.0m
	Sunday	3:46pm	5.9m
Whitstable	Saturday	3:07pm	5.5m
	Sunday	3:46pm	5.5m

## AROUND THE WORLD YESTERDAY

Amsterdam	16°C	Madrid	26°C
Athens	29°C	New York	31°C
Barcelona	25°C	Paris	16°C
Beijing	27°C	Rome	23°C
Bombay	28°C	Sydney	26°C
Cape Town	15°C	Tenerife	26°C
Cardiff	15°C	Tokyo	26°C
Gibraltar	22°C	Vancouver	17°C
Hong Kong	33°C	Warsaw	12°C
Las Palmas	25°C	Wellington	15°C

## FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	16°C	17°C	18°C	18°C	19°C	Gravesend	17°C	18°C	19°C	19°C	19°C
Canterbury	16°C	16°C	17°C	17°C	18°C	Maidstone	16°C	17°C	19°C	19°C	20°C
Chatham	16°C	17°C	18°C	18°C	17°C	Ramsgate	16°C	16°C	17°C	17°C	18°C
Dartford	17°C	18°C	19°C	19°C	19°C	Rochester	16°C	17°C	18°C	18°C	17°C
Dover	16°C	15°C	17°C	17°C	17°C	Sevenoaks	15°C	16°C	17°C	17°C	18°C
Faversham	16°C	17°C	18°C	18°C	17°C	Sittingbourne	16°C	17°C	18°C	18°C	17°C
Folkestone	16°C	15°C	17°C	17°C	17°C	Tonbridge	16°C	17°C	18°C	18°C	19°C
Gillingham	16°C	17°C	18°C	18°C	17°C	Tun Wells	16°C	17°C	18°C	18°C	19°C

## New-build homes go on show to the public

PEOPLE have been invited to view a new housing development in a park setting during an open weekend.

Three of the new fully-furnished homes will be on show at Allhallows Park near Rochester on Saturday and Sunday from 10am to 4pm.

Prices range from £119,950 for a single storey fully-furnished park home, to £165,000 for a luxurious house on the site.

The homes all boast two double bedrooms, stylish living areas, family bathroom and fitted kitchens including some major appliances.

This new development from management company Britannia Parks is aimed at buyers of all ages, especially people who are at or approaching retirement and looking to live a traditional community.

Each home has its own garden and pets are more than welcome. The well-cared for site has a total of 147 homes and has street lighting plus on-site management.

For more information call site managers Keith and Kate Lane on 07795 693714.

## Now Invicta FM is set for a change of Heart

KENT'S biggest commercial radio station Invicta FM will change its name to Heart within two years.

Global Radio, which owns 30 local stations across the UK, believes the multi-million pound re-brand will make it easier to sell advertising and attract listeners.

After 24 years the Invicta FM name will die within 18 months but bosses pledged to keep 'all' existing local programmes.

Neil Webster, managing director of Invicta FM and Gold said: "Commercial radio is consolidating to ensure it is a strong competitor to the BBC, and we will continue to provide our listeners and advertisers with a first rate local station."

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## QUESTION & ANSWER

### CAROLINE FORD



**Q** Can you tell us a little about yourself?

**A** I'm a married mother-of-three living in Rainham. We share our house with two cats, two finches and a gecko in addition to the hordes of spiders and insects that regularly invade from the surrounding fields.

**Q** How and why did you get involved with Friends of the Wisdom Hospice?

**A** I joined the Friends just over ten years ago. I was on maternity leave following the birth of my son (child number three) when I saw the part-time post for administrator/fund-raising manager advertised and it was too tempting to resist.

**Q** Tell us about the hospice and how it was set up.

**A** It was set up in 1981 to carry on the work begun by Molly Wisdom, herself a cancer patient, to raise funds for a hospice for the Medway and Swale area.

The Friends raised the money to build and furnish the hospice, entering into an agreement with the then Medway Health Authority that the authority would staff and run the hospice with financial support from the Friends.

The Friends continue to provide financial support to the hospice by way of an annual grant – the grant agreed for this year is £502,000. The Friends also funded a major refurbishment and extension project at the hospice, which was completed in 2004.

**Q** What services does the hospice offer?

**A** The hospice provides specialist palliative care for patients with life threatening illnesses – primarily, but not exclusively, cancer.

The service provides medical, practical and emotional support for patients and their families. There is in-patient care and places for up to 12 patients a day in the day hospice. Although outpatient clinics are held at the hospice and in hospitals, many patients will never set foot within the hospice building, remaining under the care of the domiciliary nursing team in their own homes. Specialist nurses are based in hospitals forming a vital link between the hospital and hospice.

The hospice social work team and welfare advisory officer provide practical advice and support, and a bereavement service is available to support family and loved ones following a patient's death. Unfortunately many of us know from personal experience the difficulties faced by patients and their families when facing the effects of a life-threatening illness and it is a real privilege to support the work of the hospice.

**Q** What is your role in the hospice?

**A** I have overall responsibility for all our fund-raising activities, although much of the day-to-day organisation of these is managed by our fund-raising co-ordinator. It is also my responsibility to ensure the charity operates efficiently and professionally.

**Q** Do you have any fund-raising events coming up?

**A** Events a range from coffee mornings and a tea room at Restoration House in Rochester, through to sponsored parachute jumps and fire walking for the more adventurous, and everything in between.

**Q** How important is your work in Medway and Kent?

**A** It would be impossible for a small team such as ours to function without the help of volunteers. The trustees and directors also put in a huge amount of time to assist with events and other projects, but we are always happy to hear from anyone who can spare a few hours to help us out – there's always plenty to do. Whether you want to organise your own event, get yourself sponsored to do anything or take part in one of our Sunflower Collections at a store – please call us on 01634 831163.

**Q** What do you like to do in your spare time?

**A** I help with the Twydall Youth Project, organising a range of activities for young people. I also volunteer with Holding On Letting Go, a project for bereaved children, to help them move forward in their lives.

When not chauffeuring my children around I also enjoy DIY, my garden and cooking. I have always liked singing and dancing, and have recently started taking tap lessons.

**Q & A**

The fund-raising manager for The Friends of The Wisdom Hospice took the time to talk to **Simon Robinson** about juggling motherhood with her challenging role at the charity and other voluntary commitments

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## EDITOR'S CHOICE

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[yourkenttv.co.uk](http://yourkenttv.co.uk)

# Who will be the queen of teens?

BY CHRIS MURPHY

A WAITRESS, two students and a pet shop worker are all vying for places in the final of a national teen modelling competition.

The four girls from Kent are in the fight to become Teen Queen UK 2009 after successfully passing through preliminary rounds.

They now need the public to vote for them so they can advance to the next stage.

Nicole Harris, 19, from Queenborough on the Isle of Sheppey, Melissa Kimber, 17, from Ashford, Emily Martin, 18, from Gravesend, and Micha Kelly, 17, from Rainham, have beaten off hundreds of other hopefuls.

Nicole, a student at the Mandy Ellen Performing Arts College in Maidstone, said: "I need public votes to secure a place in the final, so I am trying to drum up some support."

"This all started when I was selected as Miss Sheppey 2006. I then went on to win other titles like Court of Kent Princess 2007, UK Carnival Queen 2007 at Disneyland Resort Paris, Team England Miss Euroregion 2007, Miss Elegance at Miss Media Models 2008, 2nd Runner-up at Miss Teen Beauty Queen London 2008, and was a finalist at the Miss Teen Beauty Queen England last year. I would love to add Miss Teen Queen to my resume."

She added: "I enjoy entering these contests – they also show that some of us are not out on the streets vandalising things."

Melissa, who was a Miss Ashford Princess last year, works in PetSmart.

She said: "I want to be a model and I love meeting people and being a representative, so I would love to win this contest."

Micha is a student at Chatham Grammar



**BEAUTIES:** Clockwise from top left: Nicola Harris, Melissa Kimber, Micha Kelly and Emily Martin

School for Girls. She said: "I would love to do catwalk modelling, but I am not really tall enough for that."

"So I am looking to get into commercial modelling for products in magazines. I entered the Miss Teen Queen contest for some extra experience. I really am keen to learn all I can about the business."

Emily is a waitress and is studying childcare at college. She said: "I want to get in to modelling. I have relatives who are in the business and it looks like a brilliant life."

"I want to do fashion modelling in particular. I am trying to be confident of going through to the next round – it's my dream to win because I think it will open some doors to a modelling career. It will make me more confident too."

Director Lina Perrini said: "The UK finals are next summer, so all the Kent girls have plenty of time to keep their fingers crossed."

• To vote for one of the girls, use a mobile to text her first and last name to 84205. Calls cost 60p plus standard network charge, and voters need to be over 18 and have the bill payer's permission.



**JACK:** Jake Hendricks will be in the pantomime

## Make a song and dance over audition

DANCERS can audition this weekend for a chance to perform alongside Hollyoaks star Jake Hendricks in a panto.

New World Productions is searching for male and female dancers to appear in the Christmas run of Jack and the Beanstalk at the Hazlitt Theatre in Maidstone.

Mr Hendricks, also known as Father Kieron Hobbs from the popular teen soap Hollyoaks, will take the lead role as Jack.

Also in the production is Tom Swift, who will play Simple Simon and Michael Fenton Stevens, who plays Mr Griffith in BBC show My Family, as Dame Trott.

Auditions will take place this Sunday at the Hazlitt Arts Centre in Earl Street, Maidstone. Dancers need to be available during the Christmas period as the show runs from November 29 to January 4.

The registration for eight to nine-year-olds will be at 10am, for ten to 11-year-olds will be at midday, for 12 to 13-year-olds will be 2pm, for 14 to 15-year-olds will be 4pm and dancers aged 16 and above need to sign in at 5pm.

The auditions are expected to be popular, so anyone interested is advised to arrive before their registration time and be prepared to queue.

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We believe that the old estate agency format is dying and that once you have seen our successful formula, you to will have your own eureka moment, just like those entrepreneurs in The Dragon's Den.

If you are interested in finding out more about this life changing concept please contact Miranda Mallory on **01843 572582** or email **franchise@milesandbarr.co.uk**

[www.milesandbarr.co.uk/franchise](http://www.milesandbarr.co.uk/franchise)



# Awards recognise those serving their community

■ BY NICK AMES

THE county's Chief Constable Michael Fuller, along with Ann Barnes, chair of the Kent Police Authority, honoured those who were making a difference in their communities as they hosted the Safer Kent Awards 2008 event on Friday.

Winners and runners-up from across the county were acknowledged for their work and were presented with a cheque for a community project of their choice.

## Appreciate

Police Community Support Officers, Special Constables, Neighbourhood Watch volunteers and wardens were all recognised for making a real difference to neighbourhoods and improving the quality of life of local residents.

Nominations came from people who realised the effect those working to assist others were having locally.

Ann Barnes, chair of the Kent Police Authority said: "This is all about saying thank you to people who work hard to improve lives of residents. Sometimes we have to take a step back and appreciate the work these people do



**SALUTE:** Chief Constable Michael Fuller, with KCC warden Malcolm Wells with and Ann Barnes, of Kent Police Authority

on a daily basis. There are people in addition to regular police officers that improve quality of life of residents and most importantly play a role in keeping neighbourhoods a safe place.

"In today's world we are all too often quick to

complain and judge, so I'm pleased the Police Authority can find a way to say thank you.

"It's fantastic to host an event like this. I would like to say thank you to all the companies that gave donations and our main sponsors."

## WINNERS' LIST

• **EAST KENT AND OVERALL WINNER:** KCC warden Malcolm Wells has been in post since December 2004 and looks after Ringwood and Kingsdown villages. He is well known at local schools and writes a regular column in the community newsletter.

A member of the Youth Offending Service obtained £7,000 funding for a new Kick Wall in the Kingsdown Recreation Ground to give young people something to do. He has recently taken on the appointment of chairman to the Kingsdown Village Hall committee.

• **WEST KENT WINNERS:** KCC warden Janet Greenroyd, 57, who looks after the villages of Sissinghurst, Benenden, Frittenden.

Janet set up a gardening scheme in Cranbrook in a bid to reduce the risk of elderly people becoming victims of bogus callers. She has also played a key role in setting up a 'walking bus' scheme in Benenden.

KCC warden Chris Lomax has looked after Staplehurst for the last three years. Instrumental in reopening the local youth club he has helped secure funding for the Staplehurst Arts Festival.

• **SOUTH KENT WINNER:** Neighbourhood Watch volunteer David Alford for his work in Lydd.

He acts as company secretary for the Kent County Neighbourhood Watch Association and is a principle fundraiser.

He was instrumental in producing a Kent Police Services Level Agreement, ensuring a future partnership between Neighbourhood Watch and Kent Police – the first agreement of its kind in the country.

• **MEDWAY WINNER:** Special Constable Paul Butler has been in the role for the last eight and a half years.

Special Constables are expected to dedicate 16 hours a month of their own time – unpaid. But Paul is clocking up an exceptional average of 80 – 100 hours a month – all in his own time and on top of his day job as a Kent Highways street lighting engineer.



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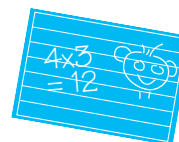
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# yourmedwayschools



## Writing for dummies

**BREAK TIME**

MID-Kent College tutor Stephen Batchelor is celebrating the publication of his first book, *The Ancient Greeks for Dummies*.

Mr Batchelor, head of art and design, media and performing arts, is an expert in ancient history and has worked as an archaeological tour guide in Greece and Italy.

Speaking of the book, part of the "...for Dummies" series, Mr Batchelor said: "The series is about making complex subjects easy to understand, so I wrote the book in much the same way as I teach, by breaking the topics down into manageable chunks."

"I also used the students at the college as a bit of a sounding board for my ideas."

"I have to say working with the students in

this way was the perfect means of making sure what I wrote was easy to understand and interesting – students are always quick to let you know if you bore them.

"This made the book fun to write because I was constantly being reminded of the little, incidental things people who don't know much about the ancient Greeks find intriguing. Like the fact they used to carry their small change around in



**AUTHOR:** Teacher Stephen Batchelor their mouths."

# Circus fun for new students

■ BY SIMON ROBINSON

THE youngest intake of students at Rochester Independent College were treated to a laid-back first day – with a display from two circus entertainers.

Kent Circus School's Jack and Stumpy showed the year seven pupils their impressive array of skills, ranging from juggling to plate spinning.

College principal Alistair Brownlow said the first day of fun was just one difference between the college and mainstream schools.

He said: "At Rochester Independent College we are lucky enough to be able to offer children from the age of 11 a world of difference from intimidatingly large, factory-model secondary schools."

"Recent research from America has reinforced the positive impact small school, human scale educational communities can have on children's academic progress and personal development. It is often the move from a small primary school to secondary school that children find most destabilising."

"It's always been obvious to us at RIC that student needs can be more clearly recognised and focused upon in a smaller scale setting."

"A smaller school allows more opportunity for our teachers work closely together and share information about their students."

"As the political momentum in education seems to be moving towards a 'bigger is best' approach and many secondary schools are merging to create monster-sized academies, we're determined to continue demonstrating that small schools work."



**SMALL SCALE:** Rochester Independent College believes good things come in little packages

"We welcome visitors to the college who would like to learn more about our ethos."

The start to the academic year comes just weeks after the college celebrated record-breaking GCSE and A Level results.

The A Level pupils were treated to a champagne breakfast after posting top results. The 60 talented pupils notched up 80 As between them – with the top grades coming from just 160 exam entries. Younger pupils also performed well, with the 35 GCSE students attaining a 100 per cent pass rate.

Mr Brownlow said much of the college's success was down to the feel of the atmosphere the pupils learn in: "Here at RIC we try to provide an environment where students with the desire to succeed will be helped attain the top grades."

"That's down to small classes – a maximum of eight to a group which is the smallest in the country – and also the atmosphere we try to create."

**SEND your schools news and pictures to [yourmedway@kosmedia.co.uk](mailto:yourmedway@kosmedia.co.uk). You can also upload your own video clips of schools events on to [www.yourkenttv.co.uk](http://www.yourkenttv.co.uk)**

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Unhappy with your choice of secondary school? Unhappy with your A level options? Rochester Independent College still has places in years 7-13 for students looking for a happy, small school environment focussed on academic success. Direct entry into any year group is possible. School really can be different.

We focus on the highest levels of academic achievement while retaining a creative buzz. Outstanding teaching in tutorial style classes enthuses our students, preparing them for top universities. Our informal, friendly atmosphere gives a boost to the highly motivated who wish to excel. Those lacking in confidence also benefit from being taught in the smallest classes in Kent.



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# yourmedwayblogger

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## Strictly Come Dancing is perfect waltz and all TV

WHEN Come Dancing finished in 1995, could anyone have foreseen that nine years later the re-invention of the show would become the phenomenon that is Strictly Come Dancing?

Minus the metres of tulle and fixed smiles of the original series, the new format keeps the competition element between professionals but had the foresight to include celebrities, tapping into the glossy magazine culture of the new decade.

It retains the music and dance element for older viewers, and hooks the younger females – you can never lust over too many sparkly frocks, can you?

The aim was to make it accessible to the prime-time Saturday night audience, which, theoretically, includes everyone aged eight to 80. It's worked.

It's the BBC's biggest entertainment show, witness the growth from eight couples in 2004, to double that number now, the run extended.

The cast of series six has been released and,

as usual, they're drawn from the worlds of soap, sport and entertainment; something for everyone, just like a box of choccies. Fiercely competitive between the individuals themselves, there's also a Battle of the Sexes element.

So far, it's 3-2 to the ladies and a look at the contenders this year shows it will be equally tough, with super-fit swimmer Mark Foster lining up against motor racing and polo playing model Jodie Kidd – and the obligatory soap stars, who always prove popular with the voters.

Watch out for a dark horse though – maybe John Sargeant, who allegedly has some background in musical theatre, or Cherie Lunghi, looking fabulous at 56!

All is not perfect, though: personality clashes, gossip and scandal surround the show – and we love it all the more! Last year, the judges controversially voted off seemingly the most popular celebrity among the professionals and public alike and continually blasted the dancers with vitriolic comments. (I wonder if they've sussed it yet – the nastier they are to the Kates and the Kennys, the more the viewers will vote for them?)

Forums dedicated to SCD went into meltdown! But why do we get so involved? Unlike

ITV arch rival X-Factor, where more air time is given to the judges, SCD brings us a daily dose of It Takes Two, a behind-the-scenes foray into the training sessions, cobbled together funnies and live interviews on the sofa with the ditz, delightful but always insightful Claudia.

We travel each step of the contestants j...jour...jour... no, it's no good, I can't say it. We travel each step with them and their professional partners, whom we've come to know and love over the past four years.

In fact, it's quite possible that a pro dancer's fan club could keep them in the show for longer than the celebrity's dance talent may justify (hello again Kate!)

Although it introduced new dances to keep up with the times; rock 'n' roll in the 50s; disco in the 70s and theatrical-like show dances in the 80s, the old-style Come Dancing gradually lost its appeal before finally being axed.

Its offspring, however, looks set to waltz off with the ratings for the foreseeable future.

**EDITOR'S NOTE:** All bloggers are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

### GET IN TOUCH...

We want to hear your views



**EMAIL:** Letters, comments, views (along with your name) to: [yourmedway@kosmedia.co.uk](mailto:yourmedway@kosmedia.co.uk)



**TEXT:** **MEDW** then your message to: 818000 (please remember to include your name)

### LET US KNOW...

If there is a story in your area you think we should be covering contact the news editor, **Jon Coates**, on 01303 817048 or email him on the details above. If you want to be the next Medway blogger then all you have to do is submit an article to us (of around 550 words) and email it to the news editor. And don't forget, for all the latest news and video from your town log-on to [www.yourmedway.co.uk](http://www.yourmedway.co.uk).

Write to The Editor, Yourmedway, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

\* We cannot guarantee all articles will be published and all are at the editor's discretion

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# yourcompetition

## WIN a kid's gardening set with Timotei

TO celebrate the change of seasons, we have teamed up with Timotei to offer one lucky reader the chance to win a gardening set for your little ones to enjoy.

Timotei is the original nature-inspired hair-care brand, and the gardening set will help your child to reconnect with nature. We also have two runners up prizes consisting of the Timotei range to giveaway.

The prize includes a lightweight wheelbarrow, tool belt, garden hand trowel, fork and spade set, plus a garden kneeler pad and apron. You'll also receive a pair of Wellingtons for all the family\* – perfect for kicking leaves around and splashing in puddles.

With the change of seasons comes a drop in temperature, central heating, strong winds and rain – all of which can play havoc with your hair – leaving it dry and lifeless.

Luckily for you and your family, Timotei is also giving away its complete range of five shampoo and conditioners which contain herb, plant and fruit extracts to nourish and care for every type of hair. This also includes new Timotei Softening Oat Milk & Peach.

As part of Timotei's commitment to nurturing nature they are partnering with the Woodland Trust to create 25 acres of forest of flowers in the UK. For further information on forest of flowers sites and woodland areas near you see [www.woodland-trust.org.uk](http://www.woodland-trust.org.uk).

To be in with a chance of winning a seasonal set, simply answer the question below and send your entry on a postcard along



with your e-mail address (if applicable), name, address, and daytime telephone number to Timotei Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR.

**Question: How many types of shampoo and conditioner are there in the range?**

**A. Three B. Five C. Seven**

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\* Based on a family of four; two adults and two children. Brand and colours of Wellingtons will vary.

Christmas & New Year

## Christmas is a time for giving you more

**Christmas is a time for giving you more at VILLAGE Maidstone, with so much festive fun for you to enjoy.**

So whether you fancy dancing the night away at one of our Party nights or enjoying the perfect family Christmas dinner, **VILLAGE Maidstone** can give you everything you want this Christmas – and more!

Call **01622 672200** for more details or visit [www.village-hotels.co.uk](http://www.village-hotels.co.uk)

Aside from Parties, Verve restaurant is open throughout December for Lunch and dinner with Prices from £16.95pp for 3 course dinner. Special family friendly events available on Saturdays and Sundays... **fun for all the family.**

**New Years Eve is bigger than ever with party options available from £29.95pp**

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**EMAIL:** Email us your letters to us at yourmedway@kosmedia.co.uk

## TALK TIME

### COLIN FULLER

The commodore of Medway Cruising Club took the time to talk about his role at the club, its activities and the rich history of the River Medway.



#### Can you tell us a little about yourself?

I'm married to Denise with three children and two grandchildren. I was born and educated in Medway and graduated from the University of Greenwich with an honours degree in civil engineering.

#### Tell us about MCC and your role in the club.

MCC is one of the oldest cruising clubs in the world, having been founded in 1895. With more than 150 full members, it has a variety of boats including modern yachts, motor boats and traditional gaff rigged craft. The club is very much a self-help club run by three flag officers and a general committee. We have a new clubhouse on the waterfront at the Strand, Gillingham, with a start line for racing cruisers and gaffers.

We hold an annual gala event in June over three days with racing and social events. Throughout the year there is a full social programme using the clubhouse facilities. We have more than 100 swinging moorings on the tidal river and winter berthing for over 100 boats at our maintenance yard at the Anchorage in Waterside Lane, Gillingham.

I was elected as commodore in January, but have been a member for more than 52 years and more recently was rear commodore, managing the bar and social activities.

#### How suitable is the River Medway for cruising?

The north Kent coast is probably one of the safest cruising waters in the UK. The Medway estuary and the Swale provide numerous creeks and marinas for all types of craft and many visitors are from across the Channel. In cruising terms the River Medway has much to offer the family boat owner with plenty of open water for racing dinghies and keelboats.

## YOUR LETTERS



### It's time we looked after our planet

I was pleased to see the six Greenpeace campaigners being cleared of criminal damage this week after their protest at Kingsnorth.

It seems the message we cannot keep polluting our planet is finally sinking in.

We have to start listening to experts like NASA scientist James Hansen, who gave evidence during the court trial.

If climate change experts say we have to stop using fossil-fuels to stop catastrophic global warming, we should start listening to them.

As a society we like to moan about how we have not had a summer for the last two years and our great British weather is now milder and wetter than ever.

So why don't we do something to change things before it is too late?

Mr Hansen called on Gordon Brown to take the lead by



## COMMENT ONLINE TOO

NOT only can you use email and letters to respond to our stories, don't forget you can comment via our website too.

Beneath most stories on the [www.yourmedway.co.uk](http://www.yourmedway.co.uk) website there is the facility to leave your comments on whatever YOU thought of the online article.

To leave your remarks, simply click on the 'Add your comments' link and tell us what you think. And remember, [www.yourmedway.co.uk](http://www.yourmedway.co.uk) is updated daily, bringing you the latest, breaking news from across Medway as well as our villages.

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turning down plans for the new Kingsnorth, as you reported in last week's paper.

So the public should unite and demand action from our Prime

Minister.

If he fails us we can boot him out at the next election.

Mark Carter,  
from Chatham, by email.



### There is no good reason for merger

I live less than ten minutes from Medway Community College and my son has to walk past it on his way to school.

If I wanted my son to go to school there I would have sent him there, not an extra three-quarters of a mile further on.

I attended Fort Luton School 20 years ago and from what I see nothing has changed, apart from now you have community officers on duty every morning - nice.

I can see no reason for merging MCC with Chatham South School. This will just drag down the good name and results of Chatham South.

T Sanders, from Chatham, comment posted on web story at [www.yourmedway.co.uk](http://www.yourmedway.co.uk).

### Teach our children about renewables

I note Hazel Dawe wants us to encourage the installation of renewable energy devices in our schools.

I would think it much more important to instill an understanding of renewable technology in the minds of our children, particularly the older ones, so they can understand its

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## Green energy would save on school bills

Kent County Council should meet the challenge of dramatic increases in energy bills this year by

strengths and weaknesses.

In geography they can learn about contours, and lead on to isobars and weather maps. Cloud formation is interesting and not a difficult science, especially as you can see it happening every day, right over your head. And in no time flat, weather systems and circulating winds make sense, and you can see them on the TV weather, every day.

It makes concepts like kinetic energy real and understandable, and gives a real excuse for gazing out of the window.

I taught myself about weather at 13, to decide whether my ten mile journey to school should be on the bus, or on my bike.

I am not a teacher, but a father-of-three and grandfather-of-seven, thus interested in the future of our planet.

Come to that, who is Dr Hazel Dawe? Is her doctorate in some relevant discipline? If we knew, we would know what weight we should give to her opinions, or is it her knowledge?

Bill Hyde,  
by email.

## Drug industry must stop unethical action

National campaign group Animal Aid is calling on the Government to crack down on drug industry

practices that put profits first.

In a major new report, entitled Making a Killing: How drug company greed harms people and animals, we expose a catalogue of unethical practices – beginning with misleading animal tests – that are designed to drive up drug sales, which already cost the NHS £1 billion per year.

The public's health also suffers: in 2006, a million people were hospitalised in Britain due to adverse drug reactions.

Some of the dishonest and unethical practices revealed include: employing unreliable animal tests to make drug products look safe; suppressing negative clinical trial results; manipulating doctors with handsome consultancy fees; and exploiting health fears through advertising campaigns that pose as 'disease awareness' initiatives.

Animal Aid believes 'Big Pharma' must be reined in so it serves the public as well as itself.

For a free copy of the report contact us on 01732 364546 or visit [www.animalaid.org.uk](http://www.animalaid.org.uk).

Toni Vernelli, Animal Aid campaigner from Tonbridge, by email.

## Charity aims to help you eat healthily

To coincide with British Food Fortnight, which starts on Monday, I am writing to let your readers know that World Cancer Research Fund (WCRF) has created healthy recipes for traditional British meals.

WCRF has developed a traditional British meals cookbook to promote cancer prevention and encourage people to eat local produce.

The charity has turned your favourite comfort foods into a feast without guilt. If you want to bring these healthy ideas to your dinner table, call 020 73434205. The first ten people to call will get a free copy.

Straight from our cookbook, I have some simple tips to make traditional dishes healthier. For tasty sweet chips, try swapping white potatoes for sweet potatoes, which are packed with beta-carotene. Scientific research has shown that foods containing beta-carotene probably protect against oesophageal cancer.

Because food absorbs fat through the surface, you will lower the amount of fat in your chips if you cut them thick. Foods high in fat are high in calories too, and that makes it easy to eat more than you need.

If that happens, you gain weight and could become overweight. There is convincing scientific evidence that body fat is a cause of six types of cancer, including bowel cancer and post menopausal breast cancer.

Vegetable cumberland pie is a tasty alternative to a meat pie. Research shows that eating a diet rich in plant foods including wholegrains, fruits and vegetables probably reduces cancer risk. Eating too much red meat increases risk of bowel cancer – WCRF advises not more than 500g (cooked weight) each week.

For the perfect meal finale, pick apple and apricot crumble. Apples are a delicious treat, but why not try adding plums and blackberries for more fruit toward your five a day? Or some pumpkin seeds and crushed cashews on top for a healthy crunch?

All of these recipes can be found at [www.wcrf-uk.org](http://www.wcrf-uk.org)

Lisa Cooney, head of education for World Cancer Research Fund, by email.

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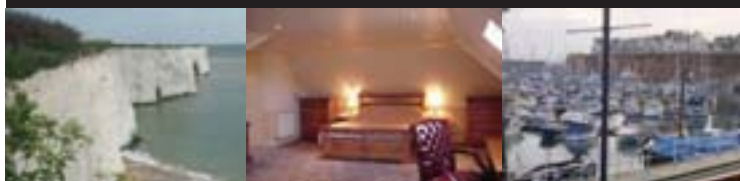
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### Reflections

A 12-METRE swimming pool, Jacuzzi, sauna and steam room are just some of the attractions at the Reflections Health Fitness and Spa which is part of Bridgewood Manor, a popular Medway hotel near Walderslade Woods.

There is also a relaxation area by the pool for people to sit and have a drink or a chat – useful after taking advantage of a gymnasium which has treadmills, rowers, cross trainers and bikes, so offering a wide range of cardiovascular equipment to accompany resistance weights.

The spa offers facials, massages, manicures and pedicures so there really is something for every part of the body.

Reflections has been updated in the last year but has been part of the hotel for 12 years. It is open seven days a week from 6am to 10pm.

Membership of the facility is open to all and benefits are numerous – 20 per cent off food and drink and the same amount off spa treat-



ments from Monday to Thursday.

On becoming a member people are offered a six point health check which includes blood pressure, heart rate, lung capacity, body mass, muscular strength and endurance.

The atmosphere is friendly and staff ensure the customer has a great experience. Many come from the hotel – but others are regulars

drawn to the venue because of its excellent reputation.

The current most popular treatment is a full body massage, aromatherapy facials are also among the most requested treatments.

For a healthy body and a good time among excellent surroundings you can't really beat Reflections.

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# beauty guide



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## Guaranteeing success

### ■ Kings Private Clinic

THE clinic has been treating overweight people for 26 years and has dealt with 300,000 patients in its clinics during that time, so you could say staff know what they are doing and must have had lots of success to have been around that long.

They believe they are still successful because medically supervised weight reduction has stood the test of time – succeeding time and time again.

Not hype, but medically, scientifically proven – not a new fad, but a tried and tested method. Most importantly, it is perfectly safe; provided clients are assessed by the doctor as suitable and follow the instructions they are given.

The most difficult thing to do when you start a diet to reduce weight is to summon up the will power to stick to a sensible eating programme that will enable you to shed the pounds. A medically approved, tested and safe appetite suppressant is the answer in conjunction with a suitable diet for your particular needs.

Kings can almost certainly guarantee that you will lose weight with this method.



Getting in shape is vitally important with obesity becoming an epidemic. Being overweight is known to lead to many serious medical conditions, such as heart problems and cancer.

But the fastest growing condition as a result of obesity is type two diabetes. Child obesity is also becoming an increasing concern, storing up problems for later in life.

## Train yourself to be beautiful

### ■ Allen & Walden professional therapy training

TRAINING for a new career can be a huge step for many and giving up work to retrain full time is not always an option financially.

With Allen & Walden professional therapy training, courses can be tailored to fit your work schedule and, being part time and fast track, students soon realise their goal of becoming a fully qualified professional therapist.

Many students are women wanting to return to work after having children, who have often always had an interest in health and beauty. These students need to train at times to fit around school hours and family commitments.

This autumn Allen & Walden have a lot of new courses scheduled and many new students are starting to retrain in either beauty therapy or holistic therapies.

To complete a full NVQ 2 in beauty therapy and gain a nationally recognised qualification you would need to attend the training centre for one session a week and back this up with home study and some practice on family and friends between sessions. The course cost can be paid in six easy monthly instalments.



As well as training for a new career, enrolling on a course is a great way to meet new people and learning a new skill can get you out of a rut and boost your self esteem.

If you haven't studied for a while don't be put off, Debbie and Jenny (the tutors) have many years experience and are very patient. Remember most of the other students are in the same boat.

For already qualified therapists there are many CPD courses available to upgrade your skills or learn a new therapy; the hot stone massage course is always popular for massage therapists and a great winter treatment for clients.

To find out more about starting a new career give Debbie and Jenny a call on 01634 811110 or see [www.allen-walden.co.uk](http://www.allen-walden.co.uk).



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Reflections

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### TOP TIPS

#### Becky's Beauty Room

Keep well hydrated, especially at this time of year. When your skin becomes dehydrated fine lines appear that will later turn into wrinkles! Don't forget spf 15 or higher sun cream too.

#### Reflections, Bridgewood Manor

People should have a facial, manicure and pedicure once a month. Use a nourishing cream or oil on your nails to keep them strong. An algae wrap is beneficial for weight loss, and body massage helps with muscle tone.

Use a cream for hard skin on your feet regularly.

Firming facials help to reduce fine lines and to tone the facial muscles.

#### The Village Hotel

Pilates improves shoulder and spine alignment, helping with back and neck problems. This releases tight muscles with slow, controlled exercise working with the core muscles which in turn support the spine.

#### Kings Private Clinic

When visiting Kings Private Clinic, follow the treatments and guidelines as recommended by the doctor and you soon see the results and lose weight. A healthy balanced diet and fitness helps maintain the weight loss.

#### Tiffs Hair

Tiffs recommends the importance of a fantastic hairstyle that is tailor made to suit your lifestyle and face shape. A Tiffs haircut will be designed and crafted to make the client's hair look individual and personal to their requirements.

The haircut should be complimented with a fantastic colour and condition is the key, so for darks rich chocolate semi permanent colours to maximise shine giving you a high gloss finish. For blondes use softer tones like honey and caramels, which are less likely to fade. For the ultimate deep conditioning experience we recommended Nanomax an in-salon permanent hair repair treatment.

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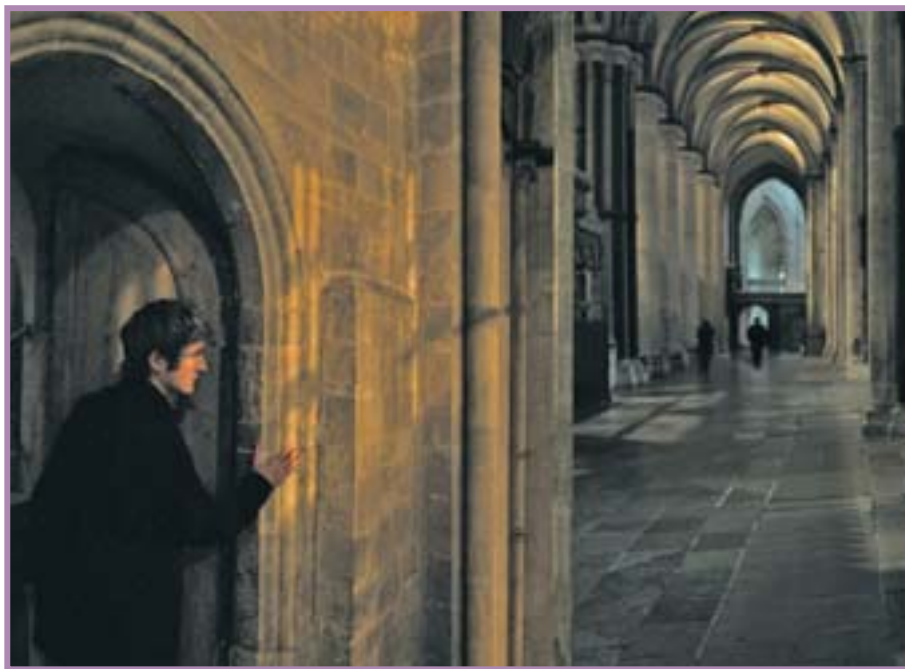
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RELEVANT: The play, Dallas Sweetman, was commissioned and written specifically for the cathedral setting where it will be performed

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Life is sweet  
in the nave

## Dramatic setting for new Festival play

A HISTORIC event in theatre will be taking place at Canterbury Cathedral's Nave next week with the staging of a new play, Dallas Sweetman.

The play will make its world premiere in the stunning setting, the result of a unique collaboration and a desire to revive a cherished old tradition. Canterbury Cathedral and Canterbury Festival commissioned the piece with London-based theatre company Paines Plough, resulting in this new play by acclaimed Irish writer Sebastian Barry.

Back in the late 1920s the Friends of the Cathedral started the Canterbury Festival to host an annual series of plays by leading playwrights of the time. TS Eliot's famous Murder in the Cathedral was premiered in the Chapter House in 1935 and remains the benchmark for these productions. It is hoped that the new play for 2008 will breathe new life into that tradition, while making its own mark on 21st century theatre.

The process began when the Dean & Chapter approached the organisers of Canterbury Festival with the idea to produce a new play in 2006. After a lot of research a partnership was formed with Paines Plough, a theatre company specialising in the commissioning and development of new writing. With the company on board, the hunt was on to find someone who could write a very special play. Organisers were looking for a story that could have relevance to the cathedral setting but also captivate a contemporary audience.

## Relation

Drawing on his own ancestry for inspiration, Sebastian Barry has created a tale about love and death, desolation, jealousy and miraculous events. Dallas Sweetman is based on a distant relation of Barry's and sees the titular character arriving at Canterbury Cathedral on a pilgrimage in the early 1600s. In a time when Catholicism and Protestantism divided loyalties, Dallas pours out his tale to the audience – his 'judges' – in the hope of justifying his actions. But can his story of pirates, kidnap and

drama be believed and can he be forgiven?

Since writing the play, Barry has been short-listed for the prestigious Man Booker Prize for Fiction for his latest novel The Secret Scripture.

A series of special talks will allow audience members to gain a fascinating insight into how the production has been created. There will be a chance to hear Barry talk about his work, as well as the director, cast, music composer and designers. The talks are free for ticket holders and will mostly be held in The International Study Centre in the Cathedral Precincts. Full details are at [www.canterburyfestival.co.uk](http://www.canterburyfestival.co.uk).

Tickets are priced from £12 to £20 and can be booked by calling the festival box office on 01227 378188 or visiting [www.canterburyfestival.co.uk](http://www.canterburyfestival.co.uk). Listings for Canterbury Festival, which runs from October 11 to 25, can also be found on the website.

## DALLAS SWEETMAN

Wednesday to Sunday,  
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## RUSSELL HOWARD

Friday, September 26  
Orchard Theatre, Dartford



EXPLORE the simple pleasures in the company of popular comedian Russell Howard.

The comic is visiting Kent as part of his tour Dinglelodies, his fifth stand-up show which comes hot on the heels of three sell-out tours in just one year. His previous show was a complete sell-out at last year's Edinburgh Festival, with tickets vanishing even before the festival started, and it has been announced that he will take over from Al Murray the Pub Landlord as host of Paramount Comedy's Edinburgh & Beyond.

Howard reached the final of Channel 4's So You Think You're Funny at the age of just 19. He has since has sold out venues around the world, been nominated for major awards and landed his own radio show on BBC6 Music. Fans of Mock The Week will recognise him from regular appearances. He has also been on Never Mind The Buzzcocks and Rob Brydon's comedy Annually Retentive.

The show starts at 7.45pm and tickets cost £15. Call the box office on 01322 343555 or visit [www.orchardtheatre.co.uk](http://www.orchardtheatre.co.uk).



## MODERN SWING EXPRESS

Tuesday, September 23  
Wigmore Smallholders Club, Gillingham



TWO musicians of outstanding class will come together for one night with Modern Swing Express next week.

Saxophonist Derek Nash and jazz trumpet player Steve Waterman (pictured) have performed all over the world and won acclaim for their talented performances. A full time member of the Jools Holland Rhythm & Blues Orchestra, Nash also leads Sax Appeal and is as at home playing for 100,000 fans at the Glastonbury Festival as he is performing in an intimate jazz club.

His band Protect The Beat has appeared around the world and he has worked with most UK jazz stars.

During his 20-year career, Waterman has worked with artists worldwide. He is a professor of jazz trumpet at The Royal Academy of Music and Trinity College of Music, London, as well as visiting specialist at The Royal Northern College of Music and The Royal Welsh College of Music and Drama.

The gig starts at 8.30pm and tickets cost £6.



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## THE ADVENTIST VOCAL ENSEMBLE

Saturday, September 20  
St Matthew's Church, Wigmore



THE Community Concert programme at St Matthew's Church gets off to an uplifting start with The Adventist Vocal Ensemble.

National radio and television performers are featured in the international ensemble, led by Ken Burton. They feature regularly on BBC's Songs of Praise and Radio 2's Good Morning Sunday, and the audience should experience an evening of outstanding vocals and fantastic gospel music.

The concert programme features some unforgettable pieces of music, including

Abide With Me, By The Rivers of Babylon, Make Me A Channel Of Your Peace, Every Time I Feel The Spirit and Swing Low, Sweet Chariot. With its motto of 'London Quality at Local Prices', the Community Concert programme is not run for profit and aims to bring the community together to enjoy great music. The self-funding scheme offers the chance to hear outstanding performers on a budget and the programme features something for almost every taste, from skiffle to opera.

Tickets cost £7 and early booking is recommended. To book call 01634 372508, email [mattconcerts@hotmail.co.uk](mailto:mattconcerts@hotmail.co.uk) or write to St Matthew's Community Concert Programme, 42 The Goldings, Rainham, Kent, ME8 0AX.

## MEDWAY LEISURE

### Dance with Sammie and learn to hip hop

LEARN some funky new moves at Sammie's Hip Pop Dance.

An advanced eight-week street dance workshop will be starting on October 7 and running every Tuesday until November 25 at St Margaret's Millennium Centre in Rainham. The one-hour class starts at 9pm.

There are 20 places available and the cost is £30. Upfront payment is required. To book see [www.sammieshippopdance.com](http://www.sammieshippopdance.com) or call 07917 341412.

### Psychic from the island to appear at the Brook

LOCAL medium Mia Dolan will demonstrate her extraordinary skills at Chatham's Brook Theatre this weekend.

The psychic from the Isle of Sheppey first discovered her abilities at the age of 22 and since then she has become one of the UK's top mediums. Having experienced tragedy in her own life, she attempts to bring comfort to others.

The show begins at 7.30pm on Saturday and tickets cost £15. Call 01634 338338 or see [www.medway.gov.uk/theatres](http://www.medway.gov.uk/theatres).

### Dockyard gives a Salute to the 40s at weekend

STEP back in time and live life in 'the front line county' during the Historic Dockyard's Salute to the 40s.

The Chatham attraction will be transported back to show what life was like in Kent during the Second World War. Renactors, period fashion, wartime vehicles and entertainment from the era will help to bring the past alive on Saturday and Sunday.

The event runs from 10am to 6pm on both days. For more information call 01634 823800 or visit [www.chdt.org.uk](http://www.chdt.org.uk).

### Experience some good karma on black market

PSYCHADELIC 'shoegaze' rock band Black Market Karma will be at the Tap 'n' Tin in Chatham tomorrow night.

The band from south east London is inspired by a diverse range of influences including The Velvet Underground, Bob Dylan and Nirvana. Find out more about them at [www.blackmarketcarma.com](http://www.blackmarketcarma.com).

Marner Brown, Monday Street and Maker are also on the bill. For more details see [www.tapntin.co.uk](http://www.tapntin.co.uk).

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**BLACK KIDS:** Performing live at Lounge on the Farm



**SISTER MANTOS:** US art-rockers performs in Kent



**THE SUSPECTS:** See them perform Blur's Song 2



**RETURN:** Former Reef members have joined with Jonas Jalhay, formerly of Lady Sovereign, to form Them Is Me, who will be gigging at the Tap 'n' Tin in Chatham on Saturday

## Good Reef, look who's back?

■ BY SIMON ROBINSON

INDIE music, as everyone knows, attained greatness in the mid 90s.

Proper bands such as Oasis, Blur, Pulp, Supergrass and their oft forgotten contemporaries including Sleeper, Elastica, Mansun and so forth, filled the charts week in and week out, leaving little room for manufactured pop rubbish.

Good times indeed.

Unfortunately, the heady days of Brit Pop are all but over, with gangsta rappers, 'bling'-laden r'n'b stars and McFly notching up millions of downloads and ring-tones.

Mercifully, it seems comebacks are making a comeback.

The Police got back together, as did James, Smashing Pumpkins, Rage Against The

Machine and Take That (bad example, I grant you).

The latest musicians looking for a second shot of stardom are gravel-toned frontman Gary Stringer, drummer Nathan Curran and bassist Jack Bessant, who notched up seven top-20 singles with Reef between 1995 and 2003.

The trio, alongside new guitarist Jonas Jalhay, formerly of Lady Sovereign, have adopted the name Them Is Me and will be playing the Tap 'n' Tin in Chatham on Saturday night.

Gary said he needed the two-year hiatus between the end of Reef and the beginning of Them Is Me.

He said: "For ten years we had the best laugh with Reef. I was 20 when I started, and the whole thing was just amazing, but the last 18 months were not so great – it was getting like real hard work.

"And I thought, 'you know what, this is not what I'm in a rock and roll band for, let's walk away from this'.

"Reef had been such a democracy, so for two years I was lost with myself for company in a puff of green smoke.

"But little by little I'd find myself humming a song and before I knew it I had the dictaphone out."

Gary added that recording Them Is Me's debut album and hitting the road had been a simple process, saying: "Everything just seems to have worked out really easily and that's exactly how I remember Reef being."

"I'm so stoked to still be involved with music. It took two years of messing about to realise just how important music is to me."

Tickets to Them Is Me's Chatham gig cost £8. Doors open at 8pm.

• For more information visit [www.themisme.com](http://www.themisme.com) or [www.tapntin.co.uk](http://www.tapntin.co.uk).

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Ham House & Garden	14 Oct	£28
Surrey Hills Autumn Tints	15 Oct	£22
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Cambridge or Duxford Air Museum	23 Oct	£23
Disney on Ice - Finding Nemo	25 Oct	£49
London Zoo	25 Oct	£29
Bruges or Sluis	26 Oct	£30
Chessington - Halloween - Hocus Pocus	26 Oct	£35
Lille & Euralille	28 Oct	£30
London Museums	29 Oct	£15
Thorpe Park Halloween Fright Night!	31 Oct	£39
Ghent By Tunnel - Monday Special	3 Nov	£25
Ypres Battlefield Tour & Last Post	7 Nov	£39
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Bruges at Christmas - by Tunnel	30 Nov & 7 Dec	£30
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## MEDWAY SHOPPING

### Salon on quest to help you feel truly beautiful

A NEW beauty salon has opened in Rochester to cater for anyone wanting to ensure they feel good about themselves on the inside and look good on the outside.

Beauty By One True Salon has dedicated staff and is headed by managers with experience at top London venues.

Bringing the elegance and sophistication of true spa surroundings to Medway, the facility offers the very latest in hi-tech showers and all the necessary expertise to ensure a truly healthy approach to giving customers the very best treatment available.

The salon is open seven days a week and special offers are in place from 9am to 9pm from Tuesdays to Fridays.

A plasma screen TV and a specially decorated air-conditioned environment all combine with the friendly staff and excellent service to ensure the experience of a visit is one which stays in the memory and needs to be repeated quickly.

Tea and coffee are available as complementary refreshments alongside wine, beer and juice.

For those with a discerning approach to health and beauty, the salon in Rochester High Street is a place which demands visiting time and time again.

### Wine and dine on some delicious British goods

TAKE advantage of British Food Fortnight from Monday and complement your home-grown food with a glass of home-grown wine.

Tenterden-based Chapel Down Winery has come up with various food and wine matches for you to try. These include Chapel Down Brut, a dry and bubbly wine priced at £16.99, served with dressed Cornish crab, or a good quality English roast chicken with a glass of Chapel Down's juicy Pinot Blanc, £12.99.

Selections of their wines are available at Tesco and Waitrose.

### Research pays off with the dunkable cookie

TEA drinkers can now dunk their cookie into their mug without the fear of only half coming back out.

Inspired by comedian Peter Kay and following nine months of research, Asda has introduced the dunkable cookie. With a combination of oats and honey, the cookie bonds together, preventing it from crumbling. The dunkable cookie is even rectangular so it's the perfect shape for dunking into a mug.

Asda's Dunkin' Cookies will be priced at 78p for a pack of four.

### Young readers invited to enjoy a good book

YOUNGSTERS will be able to view the new and improved children section at Waterstone's from Saturday.

After an extension of the Bluewater store, there will now be a bigger variety of categories for children, as well as lots of new and exciting books and offers.

For more details call the store on 01322 624831.

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## YOUR TV REVIEW

**THE RESTAURANT**  
BBC Two, 8pm Thursday  
**WHO DO YOU THINK YOU ARE?**  
BBC One, 9pm, Wednesday

■ BY TOM BETTS

"LIFE is what happens when you are making other plans," was one of John Lennon's more astute observations.

I'm not sure what the producers of the BBC's latest reality snooze-fest have been getting up to, but I'm guessing it must be a fair bit, as they clearly haven't been paying much attention to the lazy format of *The Restaurant*.

Teams of would-be restaurateurs sizzle and boil their way to an inevitable culinary disaster in the hope of impressing those in the know.

The prize for staying the course and avoiding (yawn) elimination?

The prospect of going into business with world-famous Raymond Blanc and earning a shed-load of dosh.

Well, at least one of those has an upside.

While a few will be asking "who will win the partnership with the top Michelin-starred chef?", you get the feeling that 99.9 per cent of the viewing public will be asking, "who friggin' cares?"

The major problem with this whole sorry affair is that it's more or less a re-hash of *The Apprentice*; only with food and less charming contestants.

After a balls-up of Titanic proportions at one hapless pair's eatery, one host remarked, "I don't want to argue with you, I just want to negotiate to your satisfaction," over payment for a less than perfect meal.

He was, understandably, met with a stony silence and lasting glare.

Mind you, if there's been a cheekier



**KITCHEN NIGHTMARES:** Chef Raymond Blanc (above) decides on who stays in *The Restaurant*

request on TV this year, I'll be jiggered if I've heard it.

More terrifying than the thought of paying for a meal at one of these sub-Beefeater holes is the prospect of weeks of this diabolical drivel.

It's not all bad news on the BBC though as *Who Do You Think You Are?* proves.

A show that rarely fails to make celebrities cry obviously has some merits.

Whether it's hard as nails TV presenter Jeremy Paxman shedding a tear at the fate of his long lost or actress Patsy Kensit shocked to find out one of her brood was a thief, this show has done for genealogy what skimpy gold hotpants did for Kylie Minogue's bottom.

As good an hour of TV as this is though, the endless shots of the featured personality staring pensively into the distance are beginning to grate, even if they have just found out their great, great granddad was a serial killer.

## YOUR WEEK'S HOROSCOPE

BY RUSSELL GRANT



**AQUARIUS** (Jan 21-Feb 19)

IT may be time to put an end to a deal that has been haemorrhaging money. You've got to know when to cut your losses. A strong willed friend may try to convince you to stick with this investment, but that's because it's in their best interest to do so.

• To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762



**TAURUS** (Apr 21-May 21)

BREAKING away from a group is painful, but necessary. Staying with the organisation is starting to drain your emotional and financial resources. Contrary to what you might think, you can make it on your own. You're a lot more imaginative than people seem to think.

• To find out more about what the stars have in store call Russell on **Taurus** 09067-531753



**LEO** (Jul 24-Aug 23)

AN argument could prompt you to pack up and leave, but don't be hasty. By sticking around and trying to work things out you'll salvage a good relationship. It's hard for you to take a back seat to anybody. Until you learn this valuable skill, all of your partnerships will suffer.

• To find out more about what the stars have in store call Russell on **Leo** 09067-531756



**SCORPIO** (Oct 24-Nov 22)

IT'S time to scale back your own private leisure activities and attend to other obligations. People are relying on you to help them through a difficult situation. Although you resent having to rethink your plans, you must admit that it's nice to be needed. Trust your intuition.

• To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759



**PISCES** (Feb 20-Mar 20)

STOP trying to call the shots in a relationship. If you're going to maintain an amicable partnership, you need to ease up on the control freakery. The important thing is to show you can take orders as well as give them. Don't beat yourself up about it; we all have our moments.

• To find out more about what the stars have in store call Russell on **Pisces** 09067-531763



**GEMINI** (May 22-Jun 22)

YOU may be forced to make changes for the sake of work. Finding another position may not be as difficult as you think. Going back to school or getting an advanced degree could put you on a much more fulfilling career path. Luckily, you've always been a quick learner.

• To find out more about what the stars have in store call Russell on **Gemini** 09067-531754



**VIRGO** (Aug 24-Sep 23)

THIS isn't a good week to sign an agreement or enter into a partnership. You're being asked to give too many things away. Wait for better options to come along. Relatives may try to pressure you into taking the deal for security's sake, but there are more important things.

• To find out more about what the stars have in store call Russell on **Virgo** 09067-531757



**SAGITTARIUS** (Nov 23-Dec 21)

THERE'LL be times when you can't keep your temper under wraps and confronting a manipulative relative will certainly make you feel better. Although a row will create some tense moments at home, it's better than letting the tension build and resentment set in.

• To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760



**ARIES** (Mar 21-Apr 20)

A PARTNERSHIP could be severely tested. You've got to defer to someone's superior knowledge. If that means giving away a greater percentage of the profits, so be it. Resist the urge to tackle a group effort by yourself. You will need all the help you can get.

• To find out more about what the stars have in store call Russell on **Aries** 09067-531752



**CANCER** (Jun 23-Jul 23)

BE willing to change your opinions about religion and politics if a respected official falls from grace. Your reverence for authority can sometimes cloud your judgment. If you're the last person to break away from an organisation, don't be embarrassed. It's just a testament to your loyalty.

• To find out more about what the stars have in store call Russell on **Cancer** 09067-531755



**LIBRA** (Sep 24-Oct 23)

THE same old routine is starting to get on your nerves, but it won't be easy to change your daily schedule, especially as a loved one has come to rely on you. Unless you assert your independence, though, your relationship could suffer. Don't feel guilty for doing your own thing.

• To find out more about what the stars have in store call Russell on **Libra** 09067-531758



**CAPRICORN** (Dec 22-Jan 20)

IT'S hard to follow through with a project that has caused lots of strain and pain, but do it anyway. Even limping across the finish line is better than not crossing it at all. Sure, some critics will focus on the mistakes you made, but most people will congratulate you for sticking at it.

• To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

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#### ACROSS

- 1 Undertaking to jut out (7)
- 5 Wrongful act of receiver (7)
- 9 Brewer's jug? (4)
- 10 Permission arranged for single edition (10)
- 12 Become big enough to fill completely although it got worn out (not shirt) (4,4)
- 13 Packing them in for fisticuffs (6)
- 14 Learned landlord? (3,2,7)
- 17 Indicate exact place for race (5-2-5)
- 21 Riddle used to perplex (6)
- 23 Bought freedom, unspecified amount in foreign currency (8)
- 24 Relative resists pet struggling (10)
- 25 Long drink first for bird (4)
- 26 Modern archbishopric in America? (3,4)
- 27 One's back to work with energy on atom (7)

#### DOWN

- 2 Prize from till brought up (6)
- 3 Female panellist (9)
- 4 It might be knotted at the back of one's head (7)
- 6 Beefier concoction supplied gratis (7)
- 7 County, actual existence unknown (5)
- 8 Only crew suffered comics performance (8)
- 11 Evidence essence has mixture of alcohol and water (5,6)
- 15 Equivalent given in return by bird at enclosed castle (3-3-3)
- 16 Flirt had minced meat that was not right (8)
- 18 The heartless RenE and I could find it was smaller (7)
- 19 Pole inside drains squirming entrails? (7)
- 20 Patch up fabric about five in the morning (6)
- 22 Like a fastener that is quick (5)

### SCRIBBLE HERE



### QUICK CLUES

#### ACROSS

- 1 Eccentric (7)
- 5 Despotism (7)
- 9 Baghdad's country (4)
- 10 Board game (10)
- 12 Remission (8)
- 13 Insanity (6)
- 14 Alternative (6,6)
- 17 Guttersnipe (6,6)
- 21 Court clown (6)
- 23 Area included (8)
- 24 A South American (10)
- 25 Practical joke (4)
- 26 Otalgia (7)
- 27 Paint in dots (7)

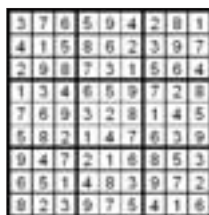
#### DOWN

- 2 Serial (anag.) (6)
- 3 Agree tacitly (9)
- 4 Automatic (7)
- 6 Divine (7)
- 7 Spice (5)
- 8 Regulating device (8)
- 11 Tube-shaped (11)
- 15 Proprietorship (9)
- 16 And so on (8)
- 18 By means of (7)
- 19 The Avon (anag.) (4-3)
- 20 Torn skin on finger or toe (6)
- 22 Eighth Greek letter (5)

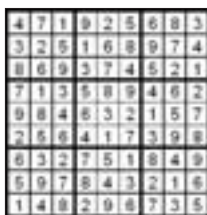
## LAST WEEK'S SOLUTIONS

### SUDOKU SOLUTIONS No53

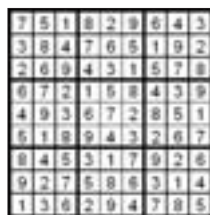
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HARD



Answers to all of this week's quizzes can be found on our website

### CRYPTIC SOLUTION No53

ACROSS: 1 Jackknifed 7 Camp 9 Supertax  
10 Venice 11 Bound to win 14 Conquest  
15 Dodgem 16 Abbeys 18 Strung-up 20  
New Zealand 23 Global 24 Amenable 25  
Styx 26 Waterproof. DOWN: 2 Arum 3  
Keep 4 Notable 5 Foxhunting 6 Divided 7  
Concordant 8 Machinegun 12 Double-flat  
13 Squeeze-box 17 Swallow 18 Sea-salt 19  
Red deer 21 Haar 22 Also.

### QUICK SOLUTION No54

Through 19 Have-not 20 April 22 Thela  
Cylindrical 15 Ownership 16 Etcetera 18  
Robotic 6 Angelle 7 Gummy 8 Stopcock 11  
27 Stipple. DOWN: 2 Israel 3 Acquiesce 4  
Coverage 24 Venezuela 25 Hoax 26 Earache  
Second choice 17 Street warden 21 Jester 23  
Backgammon 12 Remitted 13 Lunacy 14  
Bickering 5 Fascism 9 Iraq 10

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## ON GENERAL RELEASE

### ROCKNROLLA (15)



Guy Ritchie returns to the streets of London, but he needn't have bothered. RocknRolla is of fleeting style and no substance. Old school mobster and foul-mouthed bigot Lenny Cole has visions of grandeur and is keen to forge business ties with a shady Russian billionaire. Unfortunately, the investment money is part of a get rich scheme orchestrated by a sexy accountant and some petty thieves.

### BOY IN THE STRIPED PYJAMAS (12A)



Bruno, the son of a Nazi concentration camp commandant, and his sister Gretel live in a mansion, but are one day suddenly moved to a place called Out-With (Auschwitz). Bruno, outraged by his father's decision to move and desperate to go home, spends his time in his room. In boredom, he wonders what is going on at Out-With and why people are always dressed in striped pyjamas there.

### EDEN LAKE (18)



Jenny (Kelly Reilly) and her boyfriend Steve (Michael Fassbender), escape for a romantic weekend away. Steve, planning to propose, has found an idyllic setting: a remote lake enclosed by woodlands and seemingly deserted. But the couple's peace is shattered when a gang of obnoxious kids encircles their campsite. The romantic weekend getaway suddenly becomes the holiday from hell.

# Revenge of the Seth

BY KATE WHITING

SETH Rogen is slowly but surely conquering Hollywood – with a little help from his friends.

The stand-up comedian turned movie star had his first lead role in last year's Knocked Up, written and directed by his mentor, Judd Apatow.

He followed that with his own film, Superbad, co-written with schoolmate Evan Goldberg.

Pineapple Express, his latest collaboration with Evan and Judd, recently raked in \$40 million in its first five days at the US box office – almost twice its \$27m budget – and it looks set to do just as well over here.

Not bad for a regular-looking 26-year-old who started out telling jokes at bar mitzvahs.

"I had no money when I was younger and in high school all my friends had jobs and I had no job. I just did stand up," the fuzzy-haired actor explains in his distinctive bear-like growl.

"I started realising I had to treat this like a job, so I did a few bar mitzvahs and they paid me 150 bucks or something like that.

"I actually ran into someone recently, they came up to me and said, 'I was at a bar mitzvah that you did stand-up comedy at'. It was so embarrassing!" he chuckles.

The way Seth tells it, his teens were like something out of one of his films. At 15 he was spotted by a mohel – the man who circumcises Jewish boys – who hired him to write 'icebreaker' jokes.

"They were all like bad haircuts jokes like, 'So, a little off the top?'" he sniggers.

"He wanted jokes because everyone is a little on edge, a few icebreakers, just something. But



ROGEN'S JOSH: Seth Rogen (left) with Pineapple Express co-star James Franco

you don't picture raucous laughter and penile surgery going hand-in-hand."

It's really hard to keep a straight face around Seth, but there is serious business at hand, even if Pineapple Express is his take on the classic stoner film genre – and a kick-ass action movie to boot.

He, Evan and Judd all sat down

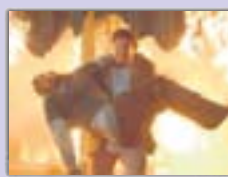
and came up with the story – drawing on cult films like Pulp Fiction – and then Evan and Seth wrote the script.

Seth plays Dale Denton, a process server (someone who serves legal documents) and self-confessed loser, who is dating a high school girl and spends all day smoking marijuana.

He has a businesslike relation-

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ship with his dealer, Saul Silver (James Franco), but the two are thrown together when Dale witnesses a drug lord and a bent cop commit a murder – and accidentally drops the butt of a rare Pineapple Express joint at the scene.

Knowing the dangerous drug lord will work out who he is, Dale and Saul go on the run – and embark on an unlikely friendship.

Emotional male bonding is a signature trait of Seth and Evan's films and something they find hilarious.

"Those are the relationships that just seem funny to us, just two guys working stuff out," Seth says, laughing again.

"Our group of friends back home was really callous, then I moved to LA and became friends with all these actors and all they want to talk about is how they feel and how hurt they are emotionally.

"We were like, 'We can't talk to these people like we talk to our normal friends, because we'll hurt their feelings,'" he laughs.

"I honestly think that was the basis for our films, hurting other guys' feelings and having to apologise to them, and our own trouble navigating that."



PINEAPPLE EXPRESS  
Certificate 15

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## Bringing those fjords into focus

BY **TREVOR MASON**

**THREADING** our way through dozens of islands off the west coast of Norway, it was difficult to believe we were on a ferry from England and not some luxurious Scandinavian cruise.

On the DFDS route from Newcastle to Bergen, the voyage is very much a part of the holiday. Norway is known for its outstanding scenery – and high prices. But once visited, it draws you back again and again.

With that in mind, and for our fourth visit in 30 years, we booked a contrasting two-centre holiday, sampling first a wood cabin high in the mountains and then a city centre hotel in Bergen.

Sailing on the Queen of Scandinavia, the 26-hour journey went almost too quickly thanks to a comfy cabin, a good choice of restaurants and bars, entertainment and films.

We arrived at Bergen – Norway's second largest city with a population of just 242,000 and gateway to the fjords – feeling relaxed.

On an excellent road, we plunged into tunnel after tunnel, hewn through rough rock, and as we climbed higher into the mountains, we passed raging rivers and dozens of waterfalls, with white and red-coloured cabins clustered around lakes large and small.

After collecting our keys and bedding, we turned into a gated private road to reach at our cabin, high in the Kvamskogen mountains – an area popular with skiers in winter and



**HIGH AND MIGHTY:** There's no shortage of spectacular scenery on offer in Norway

walkers in summer. The cabin had every modern comfort, including satellite TV, DVD player and underfloor heating. The huge outside deck commanded dramatic views of the surrounding summits – some snow-capped even in August – and a large lake below. The peace and quiet, broken only by the occasional tinkling of bells on wandering sheep, was intense.

The nearest town, Norheimsund, had good supermarkets, and yes, we found almost everything much more expensive than in England.

After a week in the mountains it was time for the bustle of city life in Bergen. Staying at the comfortable Thon Hotel Rosenkrantz, on the historic Bryggen waterfront, we were ide-

ally placed to explore its charms. We took a harbour cruise and were able to walk to many of the city's attractions, such as the aquarium and art galleries.

A cable car to the peak of Mount Ulriken – at 642 metres the highest of the seven mountains surrounding the city – offers views out to sea and inland. But on the day we went up, mist and cloud obscured most of the horizon.

We had better luck with the Floibanen, a funicular railway which takes you from the heart of the city to the top of the 320-metre Mount Floyen, where viewing platforms give expansive views.

All too soon our holiday was over, but we still had the return journey to look forward to.

### FACT FILE: NORWAY

<b>Time difference</b>	UK plus 1 hour
<b>Capital</b>	Oslo
<b>Population</b>	4.7 million
<b>Language</b>	Norwegian
<b>Climate</b>	Temperate/arctic
<b>Religion</b>	Christian (mainly Protestant)
<b>Currency</b>	£1 = approx 10 krone

#### Travel details

• Trevor Mason was a guest of DFDS Seaways, which offers six-night B&B hotel stays in Norway from £436 per person, including three nights onboard in commodore class and three or four nights B&B at the Solstrand Hotel in Bergen, plus carriage of standard car. Seven-night self-catering holidays in Norway start at £1,221 for two sharing inside cabin with return ferry crossings, from £1,241 for two in outside cabin and £1,375 for two in commodore class cabin. DFDS offers log cabin stays starting at £130 per person, including two nights onboard, carriage of vehicle and four/five nights in lodge. DFDS Seaways reservations: 0871 522 9955; [www.dfds.co.uk/activityholidays](http://www.dfds.co.uk/activityholidays).



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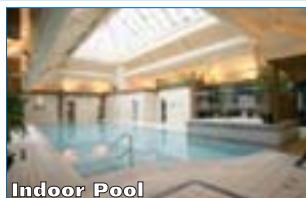
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Tall, attractive, good hearted African female, 28yr old, enjoys films, good food and cuddles, WLTm a white male for friendship and romance. Box 441654 **E**

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29yr old professional single mum, own home/car, loves socialising, bowling and cuddles, WLTm a male, 30-36, to put a smile back on my face. Box 443894 **E**

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### IF YOU CAN REACH, TAKE ME OFF THE SHELF!

Petite, dark-haired, blue-eyed female, 30, fun and lively, bright and bubbly. Bored of being single, looking for a lovely man to take me out. Box 895349 **E**

### NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTm loving, caring white male 35-47 for long term loving relationship. Box 444214 **E**

### WE COULD MAKE IT HAPPEN

Relaxed rethead, 32yr old, 5ft4, enjoys theatre, meals and cosy nights in, WLTm a male, 30-42, for a happy relationship. Box 442617 **E**

### THE TRUTH ABOUT RUTH

I'm Ruth, hard-working, kind, caring woman, 32, brown hair/eyes, nice smile, looking to meet similar chap, so call me and let's see how it goes. Box 901072 **E**

### LIVE, LAUGH & LOVE

Lively, attractive female, 32, 5'5", looking to meet that someone special to share life, laughter and love. Box 429124 **E**

### READY TO START AGAIN!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTm loving, caring white male 35-47 for long term loving relationship. Box 444214 **E**

### FUN-LOVING FEMALE

Attractive, 31, 5'4", size 12, dark hair with blonde highlights, tactile, WLTm intelligent, professional, attractive guy, for a happy relationship. Tunbridge Wells. Box 308734 **E**

### YOU WON'T REGRET IT

Curvy brunette, 5ft4, hazel eyes, single mum, looking for that special passionate and caring man to share good times with. Box 443256 **E**

### PRINCESS FIONA

Fun-loving single mum, 37, 5ft8, loves going out, staying in and having fun, WLTm a male to be my knight in shining armour. Box 443290 **E**

### DON'T PASS ME BY

Cute, single mum of 4, 38yrs old, Kent based, into most things, looking for friendship or possibly romance. Box 897963 **E**

### ANIMAL LOVER?

Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, looking for a kind, caring, loyal male. Box 431557 **E**

### OH MANDY

Mandy, 38, lovely brunette, petite & slim, very tactile & bubbly, professional mum, WLTm honest, romantic N5 man. Box 426398 **E**

### CHAT'S ENTERTAINMENT

Lovely single mum, 38, 5ft4, blonde, slim build, likes cinema, walks, good fun and chatty, WLTm similar male for fun and laughter, maybe leading to LTR. Box 372889 **E**

### A NICE BOTTLE OF WINE

Lovely, glossy brunette, 39yr old, petite, bubbly and loving, enjoys theatre, music and eating out, WLTm a professional, loving and tactile male for a relationship. Box 442551 **E**

### NO TIES

Lovely, bored, professional Tunbridge Wells Asian lady, 40, WLTm slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573 **E**

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### THE SOUND OF LOVE

Divorced mum of two, 41, 5ft4, medium build, brown hair, blue eyes, GSOH, likes eating out, bowling, cinema, nights out, seeking like-minded male for love. Box 887416 **E**

### MAKE ME SMILE AGAIN

Sociable female, 41, attractive & slim, looking for a honest, chilled guy who has time to spare and share! Box 887484 **E**

### LOOK FORWARD TO HEARING FROM YOU!

Slim build female, 46, 5ft11, easygoing, happy natured, seeking LTR with a caring, committed man who enjoys cinema, eating out, reading, DVDs and more. Box 443216 **E**

### LET'S TAKE A RIDE

Hi, I'm Laura, 47, friendly, honest, love motor-biking, WLTm gentleman interested in bikes, walks, holidays, the countryside, museums, castles, and perhaps love! Box 440397 **E**

### ON A PLATE

Caring, honest 46yr old female, 5'2", eyes of blue, redhead. Likes cinema, theatre, walking. WLTm male for fun and friendship. Box 895928 **E**

### LAUGHTER, THE BEST MEDICINE

Help me write my stand-up comedy routine! I'm 49, you'll need to make me laugh out loud and understand observational comedy to make the grade. Box 892640 **E**

### JUST IMAGINE

Petite, brunette, bubbly, friendly, easygoing single mum, 49, enjoys cinema, eating out, socialising, most things. WLTm genuine male, to see where life takes us! Box 893562 **E**

### ENTERTAIN ME

49yo female, medium build, blonde, quite short, seeking tall, confident, sensual guy for regular wine, dining, loving and laughter, honest, genuine and loving. Box 438854 **E**

### DIG DEEPER

Genuine, friendly female, 49, likes parks, gardening, nights in/out, seeking genuine, friendly male, 45-55, Dover. Box 435441 **E**

### MEND A BROKEN HEART

Hard working, kind and caring female, young 52, seeking a genuine man for a relationship, no time wasters please! Box 444286 **E**

### LOVING & HAPPY-GO-LUCKY

Jolly, caring female, 51, 5'3", brown hair, hazel eyes, own business, WLTm nice, tall, good looking guy for a relationship, love and love. Box 826514 **E**

### COMPANIONSHIP, LAUGHTER, HOPEFULLY MORE

Curvy & cuddly, outgoing, friendly, lovely female, 53, 5ft7, larger build, fair hair, likes socialising, country walks, theatre, cinema, music, swimming, WLTm similar loving male. Box 443629 **E**

### STROKE MY HAIR

Very young looking female, 53, 5ft6, slim, hazel eyes, wicked SOH, loves the coast, sea, country, socialising, seeking fun-loving man for laughter and love. Box 444136 **E**

### HAPPY AGAIN

Hello, I'm Sue, 53, 5ft11, size 14, enjoys country walks and meals in/out, WLTm a male to be happy again with. No time wasters! Box 443832 **E**

### KEEPING COMPANY TOGETHER

Young looking South African origin tall female, 45, long dark hair, seeking caring male for friendship and hopefully more! Box 444232 **E**

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### COULD YOU BE THAT MAN?

Hi, I'm Sue, 53, 5ft11, size 14, n/s, enjoys walks and meals in/out, seeking a male to find happiness with. Box 443934 **E**

### LOVELY LADY...

53, fit and healthy, single now for nine years and can't find the right man! If you enjoy sports and live music let's chat! Box 923309 **E**

### DON'T BE SHY, SAY HI!

Positive, happy, young-at-heart Mum, 55, 5ft8, blonde, loves classic rock and blues, country pubs, WLTm like-minded genuine male for friendship and hopefully something more. Box 443955 **E**

### NO SHALLOWNESS

Intelligent lady, 55, 5ft8, large build, looking for a nice, genuine male who enjoys theatre, meals, laughter, music, relaxing and good conversation. Box 444145 **E**

### SOPHISTICATED SUE

Sue, 56yr old, 5ft4, green eyes, petite, loves cooking, holidays, reading and swimming. WLTm a tall professional male, similar age, for friendship and romance. Box 443309 **E**

### SMART MOVE

Spontaneous, friendly, lively female, 55, likes cinema, walking, cooking, socialising, seeks similar person for friendship leading to hopefully more. Box 443054 **E**

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### DANCE WITH ME?

Slim, blonde, female, 57, interested in the coastline, cosy nights in, eating out, pubs (with music). Looking for companionship initially. Not looking for marriage! Box 887517 **E**

### TAKE MY HAND

Happy-go-lucky female, 59, likes to drive, the coastline, cosy nights in, good meals, WLTm caring male with love laughs and with more. Box 444226 **E**

### MAKE ME PURR

Happy-go-lucky lady with nice smile, 62, 5ft3, medium build, brown hair/eyes, enjoys dancing, walking, eating in/out, animals, seeking loving man for friendship/long term relationship. Box 443171 **E**

### Women seeking women

ROCKING RELATIONSHIP Fun-loving female, 28, in the Canterbury area, short brown hair, brown eyes, looking to meet fun-loving females for potential relationship. Box 889771 **E**

### YOU'VE GOT A FRIEND

Related female, 37yr old, 5ft6, fair hair, enjoys evenings in, cinema and pub, WLTm a female for friendship and companionship. Box 442347 **E**

### CANDLELIT CUDDELES!

40-year-old gay woman, likes nice wine, candlelight, the sea, passionate people and places, maddy walks and cosy nights in, WLTm gay woman for friendship/relationship. Box 884541 **E**

### ATTRACTIVE, BUBBLY LADY

55yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship. Box 414143 **E**

### FUN AND CUDDLY

42yr old male, 5ft7, blue eyes, enjoys cinema, walking, swimming and cosy nights in, seeking a damsel to rescue and be happy with. East Sussex. Box 443933 **E**

### THE REAL THING

Happy-go-lucky, fun-loving male, 42, 5ft9, brown eyes, medium build, likes nights out/in with a can of coke, seeking similar female for companionship. Box 441762 **E**

### HAND IN HAND FOREVER?

Happy-go-lucky confident person, 42, 5ft11, black hair, loves sports, drink travel, seeking similar female 30-45 for love. Box 444205 **E**

### LOVE ME DO

Caring and loving male, 43, average looks, self-employed, enjoys wild life, sci-fi and gardening. WLTm a petite female, 30-50, for a LTR. Box 444063 **E**

### LOVE IN THE STARS

Genuine reliable male, 43, likes pubs, says out, nights in, watching films, good-looking, seeking curvy female 29-48 for mutual love & happiness. Box 442108 **E**

### BODYGUARD

Muscular male, 44, 5ft9, blue eyes, enjoys keeping fit and good company, WLTm a female, 32-44, for fun and friendship, maybe more. Box 444075 **E**

### VEGETARIAN

44yr old sociable, single dad, tall, fit, black hair, love cooking, countryside, looking for a caring and loving female. GSOH for friendship and LTR. Box 434684 **E**

### LOOK NO FURTHER

I'm Tom, 44, blue-eyed, slim, 5ft5, a single dad of 1 from Eastbourne, likes swimming, motorbikes, clubs, having fun, and I'm looking for love! Box 394758 **E**

### R U OUT THERE?

For LOVE South African sporty male, 35, 5ft10, professional city worker, likes going out, has GSOH, seeking blonde lady 20-35ish for good times and more. Box 444057 **E**

### ROLLING ON

Down-to-earth male, 35, slim, likes the pictures, cycling, walks, reading, hoping to meet nice lady for love and romance. Box 444089 **E**

### LARGER LADY WANTED

Muscular white male, 35, 6ft5, hobbies include: weight training, music, reading etc, seeking a medium/large build female for fun, friendship and who knows what else. Box 444341 **E**

### HERE I AM

I'm Stuart, 36, 6ft6, short dark hair, stocky build, love squash, badminton, swimming, the gym, theatre, seeking a fun-loving, nice lady for love and love. Box 457106 **E**

### FUN-LOVING SOULMATES

Genuine single fella, 37, worked hard all my life now needs to play hard, seeking loving lady to have loads of fun and more with. Box 443971 **E**

### WORKING OVERTIME

Self-employed male, 37, 6ft1, short brown hair, blue eyes, medium build, enjoys the gym, pubs, clubs, restaurants, WLTm female for long term relationship. Box 443065 **E**

### HI LADIES

I'm 38, 5ft11, average build, like pubs, restaurants, cinema, quiet nights in, looking for a like-minded, honest female, 30-45, who enjoys cinema, GSOH, for honest relationship. Box 442056 **E**

### MAKING SWEET MUSIC

Romantic male, 39, 6ft, blue eyes, medium/muscular build, enjoys socialising, cosy nights in, 70s/80s, looking for a loving, fun-filled female for happiness. Medway town. Box 433795 **E**

### WORKAHOLIC SEEKS COUNTRY GIRL

Hi, I'm 40, down to earth, reliable, honest, like keeping fit, going out, meals out, watching movies, seeking similar lady for lasting love & happiness. Box 889945 **E**

### ARE YOU OUT THERE?

Self-employed carpenter/shopfitter, 42, a Dad, single for a while and now looking for my soulmate, be nice to meet some friends along the way. Box 887718 **E**

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### TACTILE, FUNNY AND LOVABLE

David, 48, tall, slim, brown hair, clean and tidy, loves being in love, looking for a feminine, funny and feisty female for friendship and more. Box 887784 **E**

### WAITING FOR YOU

Fun-loving and laid-back male, 50, 6ft4, slim/medium build, smoker, enjoys cinema, music, travel and country pubs, seeking a female 44-55 for a LTR. Box 443869 **E**

### TACTILITY

Good-looking professional Dad, 51, 6ft, slim, dark hair, non-smoking, well travelled, enjoys sports, eating out, swimming, seeking similar female for love and happiness. Box 443548 **E**

### LET'S FIND LOVE

Down-to-earth fun-loving male, 51, 5ft8, blonde hair, goatee beard, likes motorbikes, seeking like-minded female for love and happiness. Box 444040 **E**

### WANNA SHARE MY LIFE WITH U

Hi my name's David, 50, honest, caring, 6ft, medium build, blonde hair/blue eyes, own home/car, non-smoker, likes nights in and out, seeks female, for long-term relationship. Box 420000 **E**

### CRAZY, HAPPY, DEVOTED IN LOVE

Young male, active, 52, enjoys socialising, mixing with people, catting, having fun, cooking, music, theatre, travel, seeking like-minded lady for love and happiness. Box 444040 **E**

### EX-ARMY MALE

Carpenter/builder, 56, 5ft10, own hair/teeth, likes the gym, swimming, walking, dancing, films, music, current affairs, seeking like-minded lady for love. Box 444103 **E**

### LOVE ME, LOVE MY TROLLEY

Tall, dark, divorced male, 59, likes most music, dining out, cinema, seeking female to share her trolley for friendship and hopefully more. Box 444251 **E**

### PURSUE LOVE

Retired, considerate male with 5ft6, 5ft8, medium build, loves the countryside, animals, travel, seeking slim female 45-65 with similar interests. Bexhill-on-Sea. Box 444300 **E**

### Men seeking men

FUN TIMES 39yr old male, looking for fun with an attractive man. I'm gay, going with a slim/medium build.



## PROPERTY NEWS

### Nationwide is merging with smaller rivals

NATIONWIDE Building Society, which has branches across the county, is to merge with the Derbyshire and Cheshire Building Societies.

The UK's largest building society will acquire its two rivals through separate transactions, in a move it says it has undertaken to ensure the viability of the mutual sector in the UK.

The decisions were described by Nationwide as "prudent and pre-emptive", following the identification of "financial issues" faced by the smaller societies.

Smaller societies have come under pressure in recent months to consolidate positions, as the liquidity crisis reduces the availability of wholesale finance.

The move is in the "best interests" of the savers and borrowers of both smaller societies, said Graham Beale, Nationwide's chief executive.

"The core member businesses of both societies are in good shape and have a better future as part of a larger organisation," he said.

### Landlords can tailor interiors to tenants

THE Residential Landlords' Association is advising buy-to-let investors to check the interiors of their properties in order to ensure they can get the best deal when it comes to tenants.

RLA director Alan Ward says thought should be given to interiors to ensure the decor and fittings appeal to the kind of person the landlord is seeking to attract.

Furnished apartments are usually best for students or young singles, while couples and those looking for long-term leases are more likely to wish to put their own stamp on homes.

Young professionals sharing a house may be looking for two bathrooms.

The local market should also be researched before deciding whether to let a property fully or partly furnished.

A well presented property is easier to let and more likely to give a choice of tenants. It is important to research the chosen tenant group and review whether a property will meet expectations.

Landlords need to be increasingly aware about marketing, according to RICS, because instructions for lettings are on the rise.

# Borrowers benefit as lenders start rate war



## Positive news at last for hard-pressed home buyers

MORTGAGE buyers have received a boost with lenders setting off a rate war to attract the best customers.

Of the 12 leading lenders, nine have now cut their headline interest rates on two and three-year fixed-rate deals in the last two weeks alone, according to research from MoneySupermarket.com.

Halifax – the UK's largest mortgage lender – led the way with cuts of 0.95 per cent, bringing the cost of the cheapest two-year deal down to 4.89 per cent.

### ■ BY NICK AMES

However, the deal comes with a maximum loan-to-value (LTV) ratio of 25 per cent and a fee of 2.5 per cent.

Lloyds TSB is also offering a rate below five per cent. Following cuts of 0.5 per cent over the last two weeks, the bank now has a deal at 4.99 per cent, with a similar LTV and fee structure to Halifax.

Cuts of 0.2 and 0.25 per cent respectively have seen Britannia and Abbey take rates on a two-year fixed-rate deal to 5.44 and 5.54 per cent. However, Abbey has a maximum LTV of

70 per cent on the cheapest deals.

"We are in the midst of a mortgage crisis, yet three-quarters of the nation's biggest lenders have recently slashed rates on deals," said Louise Cuming, head of mortgages at MoneySupermarket.com.

"For such a significant proportion of mortgage providers to drop their rates underlines an industry-wide recognition that rates were too high.

"This is good for borrowers who can take heart in some positive news – a rarity during the credit crisis.

"I am also pleased see lenders making a real effort to make borrowing more affordable."

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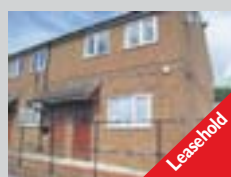
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## MOTORS NEWS



### Buyers keen to Czech out new Skoda Superb

SKODA aims to put 'Superb' back into its reputation. The Czech marque made its name and the original Superb models before World War Two, as pre-communist Czechoslovakia's equivalent of Rolls-Royce.

Guests at Skoda dealers' new Superb launch nights this week will find out whether such quality and style is back.

The new car (from £15,490) will be ridiculously cheap like its immediate predecessor though, for an executive class model.

As usual, Skoda's spec levels will be embarrassingly generous too.



### Peugeot's new surfers' option on the Tepee

PEUGEOT has followed up the successful Partner Combi family holdall.

The Partner Tepee is based on the Peugeot 308 car rather than a van though. Costing from £11,215, it seats up to five, has sliding rear side doors and majors on storage, removable seating and versatility – there is even an optional internal roof rack designed to take surfboards.

An alternative Zenith multi-purpose roof option adds 80 litres of extra storage beneath the high roof plus four large glazed panels for extra cabin airiness.



### Proton launch dual fuel saver challenge on Ford

PROTON has launched a 'same price' dual fuel 1.6-litre GEN-2 Ford Focus challenger. The 'ecoLogic' GEN-2 beats the credit crunch and high road tax and fuel costs by automatically switching from its petrol tank to run largely on cut-price LPG (liquefied petroleum gas).

LPG currently costs 58p/litre, but an aftermarket conversion costs £1,500-£2,000; the factory-fitted installation on the ecoLogic GEN-2 is available for £10,995 in hatchback or £10,795 in saloon form.



SHOWING THE WAY: BMW's 'EfficientDynamics' technology has been fitted to most of its cars and uses energy that would otherwise be lost in braking to recharge the battery

# Commute for free with BMW's green machine

SOME car makers trumpet hybrids, others spout the controversial eco-merits of bio-power.

There is also hydrogen, but that is a way off yet.

Then there's 'a nip here, a tuck there', an approach that has landed many awards for the BMW 118d and the German marque's 'EfficientDynamics' technology fitted to most of its cars.

The BMW package uses energy otherwise lost in braking to recharge the battery, mostly sidelining the engine-sapping alternator.

Emissions and demands on power and fuel are also reduced by electric power steering and 'Start-Stop'; the engine stops when the car sits in neutral and restarts when the clutch is depressed.

Furthermore, a gearshift change indicator encourages economical motoring.

All of which enables the three/five-door 118d to record 62.8mpg on the combined cycle with CO2 emissions of just 119g/km, putting it into road tax band-B (£35/year) and London Congestion Charge exempt under proposed revisions.

This suggests that a Kent-based commuter

## ROAD TEST BMW 118d

BY STEVE LOADER

### STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

could actually take out a three-year PCP (Personal Contract Purchase plan) on a 118d and run it for free from congestion charge and fuel savings.

We borrowed one from Broad Oak BMW of Ashford and Canterbury, which confirms a hefty take-up for the greener 1-Series. An all-white paint job made it hard to dish the dirt on our eco-paragon, three-door hatch sample, other than to remind myself that I still don't like the styling. However, the car feels well constructed and, of course, handles beautifully in the 'BeeEm' tradition thanks to its front engine/rear drive balance.

Liberated by EfficientDynamics, the 2.0-litre engine – the nomenclature suggests 1.8, but it is actually 1,995cc – has punch if you want to drive it hard. That electric steering is also precise with good feedback, unlike some.

On the other hand, the engine and smooth six-speed 'box allow quiet and frugal cruising.

The rear is not the most spacious and access could be better, even in the five-door. Run-flat tyres also dictate an unforgiving ride, though losing the spare saves weight and returns space lost to the car's rear transmission.

• Email [steve.loader@kosmedia.co.uk](mailto:steve.loader@kosmedia.co.uk)



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## USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

### BEST-SELLING JAPANESE SUPERMINIS

**carsforrent.co.uk**

SUPERMINIS were not something that Japanese carmakers used to 'do' with much style or verve. They were reliable, of course, but easily outclassed for image and style by European marques. But that changed with the original Toyota Yaris, ironically made in France for European markets. The Yaris now faces its stiffest competition from fellow Japanese manufacturers in the form of the quirky looking yet robust Nissan Micra and Mitsubishi Colt. All three make a statement but are also practical and reliable.

#### TOYOTA YARIS



TOYOTA'S original mould-breaking supermini (pictured) was replaced in 2006, but the second generation car has built upon its reputation for space within eye-catching yet compact dimensions; a Yaris of any age makes a decent used buy. The original also spawned the hugely versatile Verso estate-cum-MPV. The Yaris driving experience is classy too, but the years are becoming less kind to the interior design and visual quality of the original car.

##### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

#### NISSAN MICRA



BORING Nissan? Well, the Micra has blown that myth apart. This is the supermini that says you don't have to conform to style in order to be space-efficient and you don't have to carry a French badge to be chic – although Renault now owns Nissan. The Micra turns heads and looks 'right' in three or five-door form. It's affordable and reliable, available with excellent diesels and marketed with some stylish trim in the dearer versions.

##### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

#### MITSUBISHI COLT



THIS stylish little car has been a lifeline for Mitsubishi dealerships, starved so long of decent mainstream car models. It is offered in two forms: an MPV-style five-door with masses of space and a higher driving position, or a lower-slung and pugnacious sporting three-door. The CZT three-door hot hatch version is possibly best in class for the money, but the whole range delivers a good drive. Interiors are refreshing and almost Scandinavian in design.

##### STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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**Official Government Test Environmental Data- Fuel Consumption Figures mpg (litres/100km): Astra Sport Hatch SXi 1.4i 16v 3dr: urban 35.3 (8.0), extra-urban 56.5 (5.0), combined 46.3 (6.1), CO<sub>2</sub> Emissions 146 g/km; Meriva Breeze Plus 1.6i 16v 5dr MPV: urban 31.7 (8.9), extra-urban 52.3 (5.4), combined 42.2 (6.7), CO<sub>2</sub> Emissions 159 g/km; Zafira Breeze Plus 1.6i 16v 5dr MPV: urban 30.1 (9.4), extra-urban 47.9 (5.9), combined 39.2 (7.2), CO<sub>2</sub> Emissions 172 g/km; Astra TwinTop Design 1.8i 16v: urban 28.2 (10.0), extra-urban 47.9 (5.9), combined 38.2 (7.4), CO<sub>2</sub> Emissions 177 g/km.**

Models shown may have optional extras available at an extra cost. 4 Years 0% Finance available on selected Astra, Astra TwinTop, Tigra, Meriva, Zafira and Vectra models. Minimum deposit of 30% required. Finance by GMAC UK plc subject to status. Applicants must be 18 or over. Available at participating retailers only. Offers apply to eligible new vehicles ordered or registered between 02.07.08 and 02.10.08, subject to availability, and are available to private individuals, Vauxhall Partners, and small businesses 1-24 (purchase only). All other sales categories are excluded. Offers may not apply to all retailer stocks. UK supplied vehicles only. (Vaux49457)



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## Pomphreys

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YEAR	REG	MODEL	ENGINE	DOORS	COLOUR	MILEAGE	£
<b>CORSA</b>							
2004	04	Corsa Energy	12	5	Silver lightening	19,020	£4,895
2004	54	Corsa Energy	12	5	Spearmint silver	35,000	£4,995
2006	56	New Corsa Sxi Auto	14	3	Black sapphire	13,760	£7,495
2007	07	New Corsa Life	12	3	Silver lightening	12,100	£6,995
2007	57	New Corsa Sxi CDTi	17D	5	Star silver	8,800	£10,995
2007	57	New Corsa Design	14	5	Silver lightening	7,750	£8,995
08	58	New Corsa Club CDTi	13D	5	Metro blue	Delivery	£11,395
08	58	New Corsa Breeze CDTi + 13D	3	3	Star silver	Delivery	£10,995
08	58	New Corsa Breeze CDTi + 13D	5	5	Star silver	Delivery	£11,595
08	58	New Corsa Breeze CDTi + 13D	3	3	Black sapphire	Delivery	£10,495
<b>SIGNUM</b>							
2007	57	Signum CDTi Exclusiv Nav 19D	5	5	Star silver	9,950	£14,995
2008	08	Antara S Auto	2.0	5	Slate blue	5,350	£17,995
<b>TIGRA</b>							
2005	05	Tigra CC	14	2	Black sapphire	17,650	£8,695
2006	06	Tigra Exclusiv	14	2	Star silver	15,975	£9,995
<b>MERIVA</b>							
2007	57	Meriva VXR	16	5	Arden blue	2,680	£12,495
2008	08	Meriva CDTi Breeze +	13D	5	Star silver	3,350	£11,995
2008	08	Meriva Breeze	14	5	Black sapphire	3,550	£9,995
2008	08	Meriva Design MTA	16	5	Steel blue	1,295	£12,695
<b>AGILA</b>							
2001	51*	Agila Energy	12	5	Green tea	76,350	£2,595
2005	55	Agila Design	12	5	Yellow	31,000	£5,295
2008	08	Agila Club (New shape)	12	5	Atlanta blue	2,075	£7,995
<b>ASTRA</b>							
2003	53*	Astra Convertible	1.8	2	Star silver	29,500	£6,895
2003	53	Astra Elegance Estate	2.2	5	Satin red	42,000	£4,995
2005	55	Astra Breeze	1.6	5	Silver lightening	38,000	£6,995
2006	06	Astra Sxi Sports hatch	14	3	Silver lightening	28,650	£8,995
2007	07	Astra Auto Design	1.8	5	Moonland	11,000	£8,995
2007	57	Astra Club CDTi Est	13D	5	Panacotta	8,275	£11,995
2007	57	Astra Sxi Sports hatch	16	3	Black sapphire	14,000	£9,995
2007	57	Astra Club CDTi	17D	5	Star silver	10,680	£10,295
2007	57	Astra Energy	14	5	Silver Lightening	4,050	£8,195
2008	08	Astra SXi	1.6	5	Black Sapphire	6,300	£10,495
2008	57	Astra Breeze Plus	17D	5	Star silver	12,300	£11,495
2008	08	Astra Breeze Plus	1.6	5	Ultra Blue	2,850	£10,995
<b>ZAFIRA</b>							
2003	53*	Zafira Elegance DTi	2.0	5	Black sapphire	66,350	£5,995
2003	53*	Zafira Club	1.8	5	Ultra blue	48,600	£4,995
<b>VECTRA</b>							
2005	05	Zafira Design	1.6	5	Silver lightening	36,280	£6,695
2005	05	Zafira Life	1.8	5	Ultra blue	38,250	£6,495
2005	05	Zafira Design	1.6	5	Star silver	39,000	£6,495
2005	55	New Zafira Club	1.6	5	Silver Lightening	43,000	£7,145
2005	55	New Zafira Life A/c	1.6	5	Flame red	31,650	£7,995
2008	08	New Zafira Breeze CDTi + 19D	5	5	Star silver	3,985	£13,995
<b>VECTRA</b>							
2005	05	Vectra Sri	2.2	5	Star silver	30,550	£7,295
2006	55*	Vectra Elite CDTi 150ps	19D	5	Ultra blue	74,600	£6,250
2007	07	Vectra Design	1.8	5	Star silver	12,650	£9,650
2007	57	Vectra Exclusiv + pack	1.8	5	Pomegranate red	4,675	£9,995
2008	57	Vectra CDTi Exclusive Auto 19D	5	5	Ultra blue	5,350	£12,995
<b>NON VAUXHALL</b>							
2001	18*	Ford Focus Zetec	1.6	3	Metallic blue	39,100	£3,795
2006	56	Hyundai Coupe Atlantic	2.0	2	Silver	17,200	£8,995
<b>COMMERCIALS</b>							
2006	56	Movano	2.5 CDTi		Silver	19,700	£9,995+VAT
2007	57	Combo	1.3D CDTi		White	Delivery	£7,495+VAT
2008	08	Vivaro	2.0CDTi		Black	Delivery	£13,495+VAT
2008	08	Vivaro	2.0CDTi		White	Delivery	£10,995+VAT
2008	08	Vivaro	2.0CDTi		White	Delivery	£11,495+VAT
2007	57	Astravan	17D		White	5,445	£7,995+VAT
2007	07	Astravan	19 CDTi		Moonland	25,000	8,495+VAT
2007	57	Combo	1.3D CDTi		White	13,475	£6,995+VAT
2007	07	Combo	1.3D Crew van		White	8,700	£7,995+VAT
2005	55*	Vivaro	19D		Red	57,500	£9,495+VAT
2007	57	Vivaro	19 CDTi		White	12,100	£9,995+VAT
2007	57	Movano	2.50CDTi		White	10,300	£12,995+VAT
2007	57	Vivaro	2.0cdti		White	11,780	£9,995+VAT
2008	08	Vivaro	19 cdti		White	5,050	£11,995+VAT
2005	55*	Traffic	19 CDTi		Blue	7,6100	£6,495+VAT
<b>DUE SOON</b>							
2005	05	Corsa Breeze	1.2	5	Silver lightening	25,000	5,495
2005	05	Astra Club E/T	1.6	5	Silver lightening	11,500	6,695
2005	05	Astra Club	1.6	5	Silver lightening	18,000	6,895
2005	55	Vectra Exclusive CDTi Est	19D	5	Star silver	21,000	8,250
2005	05	Zafira Design	1.6	5	Silver lightening	34,000	6,695
2006	06	Zafira Active CDTi Auto	19D	5	Silver lightening	20,000	9,995

\*Non Network Q Vehicle

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## ALFA ROMEO

**156, T SPARK** 1.6 16V Turismo Man, g104wd, cloth upholstery, air conditioning, cd player, radio, central locking, immobiliser, locking wheel nuts, remote alarm, remote central locking, centre armrest, head restraints, height adjustable seat, rear armrest, rear headrests, adjustable steering column, power steering, traction control, trip computer, abs, side air bags, twin air bags, colour coded body, front fog lamps, automatic electric windows, electric front windows, electric mirrors, 15" alloys, red, 53000 miles, £4499, Marshams, Maidstone, 01622 200 100 (TRADE)

## BENTLEY

**CONTINENTAL**, yj05w6b, remote alarm, remote central locking, tracker fitted, full leather, heated seats, rear armrest, rear headrests, colour satnav, cruise control, multi-function steering wheel, parking sensor, power steering, traction control, abs, multiple airbags, auto lighting, colour coded body, front fog lamps, headlamp jetwash, metallic paintwork, rain-sensing wipers, xenon headlights, electric mirrors, electric windows, powered folding mirrors, air conditioning, climate control, dvd player, cd player, multi-disc cd player, television, 19" alloys, 4x4, portland leather trim with nautic blue leather dash and door inserts vet qualifying, always over 60 mercedes-benz cars in stock we will not be beaten on price! fully fsh regulated, moonbeam silver metallic, 29000 miles, £59995, DW Leisure Mercedes Benz Specialist, Welling, 0208 8548037 (TRADE)

## BMW

**318 SE SALL00N**, 2002, 02 (02) bmw 318i se (face lift) 4 door saloon, 143 bhp, stunning met grey coachwork with immaculate grey trim, full service history (just serviced) manual gear box, traction control, cruise control, remote central locking, original cd hi-fi + much more, stunning condition, true luxury at an affordable price, only £7695, metallic grey, 102, 000 miles, £7695, Riviera Car Sales, Folkestone, 01303 244244 (TRADE)

**3 SERIES**, 316T1 SE COMPACT, 103tvc, black, 0 miles, £6000, Big Motoring World, Wrotham Heath, 01732 220555 (TRADE)

**5 SERIES**, 525D SE SAT NAV E60, is04gdx1, orient blue, 0 miles, £10000, Big Motoring World, Wrotham Heath, 01732 220555 (TRADE)

**7 SERIES**, 745I AUTO, 2002, silver met with black nascar leather, 52000 miles, £14950, Martin James Cars, Kent, 01754 426700 (TRADE)

## CITROEN

**CITROEN BERLINGO 800**, 04 2005, 1.3d lx side door white pas 43,000 miles fsh incl, £4350, Beaver Commercial, Ashford, 01233 634763 (TRADE)

**C2, 1.1 I DESIGN 3dr**, 2007, 1.1i design 3dr hatch, silver, 3978 miles, £6095, Masters City, Peter, 0208 659 0909 (TRADE)

**C3 SX**, 5dr, g105 fty, rear wash/wipe, rear headrests, front fog lamps, remote central locking, remote alarm, height adjustable seat, adjustable steering column, electric front windows, electric mirrors, cloth upholstery, air conditioning, climate control, cd player, radio, twin air bags, abs, power steering, red, 45800 miles, £4995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**C4, 1.6i 16V TR 3dr**, 2006, 1.6i 16v tr 3dr coupe, black, 17000 miles, £7995, Wilmot's Ashford, Ashford, 01233 641010 (TRADE)

**XSARA, PICASSO DESIRE 2 HDI**, da05 mty, remote central locking, remote alarm, rear wash/wipe, rear headrests, front fog lamps, height adjustable seat, adjustable steering column, electric front windows, electric mirrors, twin air bags, air conditioning, abs, power steering, cloth upholstery, cd player, radio, blue, 32100 miles, £5495, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

## FIAT

**BRAVO 100 SX**, 2001 "y", a medium sized car with a 1.6 engine, pas clock s/hist very reasonably priced, a 3 month warranty is offered on the screen price and we will take your old car in part exchange, a new mot test will be included, blue, 75, 000 miles, £1495, Courtney Cars, Charing, Ashford, 01233 714848 (TRADE)

**CINQUECENTO**, m/1994, manual locking manual windows, red, 74, 000 miles, £1195, Cheriton Motor House, Folkestone, 01303 275795 (TRADE)

**GRANDE PUNTO**, wr07hyc, blue, 5810 miles, £3495, Thames Group Tunbridge Wells, Tunbridge Wells, 01892 549766 (TRADE)

**PUNTO**, ACTIVE 1.2 2003, silver, 45000 miles, £2995, County Car Sales, Dover, 01304 242324 (TRADE)

## FORD

**C-MAX**, 1.8TDCi Titanium 5dr, c157bya, diesel, black, 10359 miles, £13400, SMC Ford Sittingbourne, Sittingbourne, 01795 426693 (TRADE)

**FIESTA, FINESSE 16V 5dr**, ax03 vlv, rear wash/wipe, rear headrests, central locking, height adjustable seat, adjustable steering column, cd player, radio, twin air bags, power steering, cloth upholstery, red, 33500 miles, £4295, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**FIESTA, 1.4 ZETEC 3dr** [Climate], gk06pvd, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, remote locking, radio/cd, metal, £4295, SMC Ford Gravesend, Gravesend, 01474 537111 (TRADE)

**FOCUS**, 1.8 TDCI ZETEC 3dr [Euro4] [Climate Pack] (2005 - 11/09/2007, cd player abs leather head cover, alarm power steering immobiliser heated seats electric windows, black, 7108 miles, £11999, Invicta Motors, Ashford, 0844 826 5918 (TRADE)

**GALAXY**, 1.9 TD ZETEC 5dr Auto [115 PS] (2000 - 2006), 11/02/2005, cd player abs driver airbag power steering immobiliser electric windows, silver, 33020 miles, £11900, Invicta Motors, Canterbury, 0844 856 4494 (TRADE)

**KA, 1.3 HATCHBACK 3dr**, 06/2006, manual windows manual locking pas radio/cd player, light blue, 15, 500 miles, £4995, Cheriton Motor House, Folkestone, 01303 275795 (TRADE)

**MONDEO**, ST24, r 1998, red, 07919697806 (PRIVATE)

**MONDEO**, 2.0TDCI 130 Zetec 5dr [6], gk550kh, adjustable seats, adjustable steering column/wheel, alloy wheels, climate control, computer, cruise control, driver airbag, electric mirrors, electric windows, foglights, front armrest, electrically adjustable seats, head restraints, folding rear seats, lumbar support, immobiliser, passenger airbag, power assisted steering, rear armrest, remote locking, side airbags, radio/cd, rear headrests, contact the used car team for more help, insurance group 9, blue, 25922 miles, £9417, SMC Ford Sittingbourne, Sittingbourne, 01795 426693 (TRADE)

**MONDEO**, 2.0 LX Automatic, 2004, state blue, 24554 miles, £5995, CB Motors, Tenterden, 01580 760111 (TRADE)

**S-MAX, ZETEC** (2007.75) 5 Dr 2.0 TDCI 140 PS (-), 06/02/2008, cd player abs alarm driver airbag power steering immobiliser cruise control auto climate control electric windows, blue, 11934 miles, £16499, Invicta Motors, Ramsgate, 0844 856 4496 (TRADE)

**TRANSIT**, 280 85bhp, hnc3coo, remote central locking, cloth upholstery, ply-lined, side load door, barn doors, dual passenger seat, abs, air bag, power steering, radio cassette, white, 60000 miles, £4000, Clearways Commercial, Sevenoaks, 01474 853034 (TRADE)

## HONDA

**ACCORD**, 2.2 i-CTDI SPORT with HFT, g0t7aoc, body colour bumpers, cruise control, internally adjustable headlight height, high level rear brake light, front electric windows, honda superlocks (deadlocks), chrome door handles, dual curtain srs airbags front and rear, 5 x 3 point seat belts, height adjustable front seat belts, adjustable dashboard illumination, dual front srs airbags, full filler release, lockable underfloor storage, power tailgate (remote operated), heat absorbing tinted windows, locking wheel nuts, rolling code ecu engine immobiliser, central locking, rear electric windows, rear cupholders, alabaster silver metallic, 5980 miles, £17995.0000, Barretts Honda, Canterbury, 0845 3709769 (TRADE)

**CR-V**, 2.0 i-VTEC Sport 5dr, wr05f5ia, headlamp wash/wipe, abs, air bag, twin air bags, side air bags, alarm, climate control, cruise control, electric front windows, cloth upholstery, centre armrest, head restraints, height adjustable seat, retractable headrests, quick-clear screen, headlamp jetwash, metallic paintwork, automatic electric windows, air conditioning, electric sunroof, radio, steering wheel audio control, stereo, 16" alloys, met red, 27315 miles, £10499, AutoPlanet Maidstone, Maidstone, 0845 871 5185 (TRADE)

**FR-V**, 1.8 i-VTEC Ex 5dr, 1503649, Honda fr-v 1.8 i-vtec ex 5dr £15, 989.00, registration g57wej sale price £15, 989.00, registered 2007 mileage 200 miles, transmission manual body style estate, fuel type petrol exterior silver, number of doors 5 interior tan, silver, £15989, Drake and Fletcher Honda, Tunbridge Wells, 0845 130 4298 (TRADE)

## HYUNDAI

**ACCENT**, CDX 5dr, gn04wt, central locking, immobiliser, remote central locking, cloth upholstery, head restraints, height adjustable seat, folding rear seats, rear wash/wipe, metallic paintwork, colour coded body, multiple airbags, abs, power steering, electric windows, parking sensor, air conditioning, cd player, alloy wheels, aluminium silver, 12000 miles, £5495, Automatically Ray Morris (Bexleyheath), Bexleyheath, 01322 524 880 (TRADE)

**COUPE**, SE 1975cc 3 door, 2006, cd player air conditioning alloy wheels central locking approved driver's airbag power steering history check electric windows, silver, 17200 miles, £8995, Pomphrey's of Sittingbourne, Sittingbourne, 01795 476222 (TRADE)

**COUPE**, SE 04, excellent car, tax until e/o feb 09, mot expires 07/09/2009, 3 door coupe special edition, ocean blue, petrol, manual, abs, air conditioning, alarm, alloy wheels, cruise control plus more, 32,000 miles, full service history, reg sept 04 (54 plate), owned since new, genuine service for sale, for further details please email keth@kethpestell.co.uk or telephone 01634 263603, ocean blue, £6100, Gillingham Kent, 01634263603 (PRIVATE)

**GETZ**, GSI 5dr, hn05 yle, central locking, cloth upholstery, rear headrests, rear wash/wipe, electric front windows, cd player, radio, twin air bags, power steering, adjustable steering column, abs, red, 7500 miles, £4495, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

## JAGUAR

**X-TYPE**, 2.0D SE Saloon 4d 1998cc, 04 2004, speed box, cd player, service history, cd radio, ivory leather trim, electric windows, central locking, power assisted steering, cruise control, electric mirrors, air conditioning, front and rear heated screens, airbags, abs, front fog lamps, alloys, immaculate condition, metallic pacific blue, miles, £12995, Westbrook Cars, Canterbury, 01292 710685 (TRADE)

## JEEP

**GRAND CHEROKEE**, 1997, green, 18000 miles, £2995, County Car Sales, Dover, 01304 242324 (TRADE)

## KIA

**CEED**, - 1.6 Ls 5dr Auto, 1472649, alarm, climate control, trip computer, front fog lamps, kia ceed 1.6 is 5dr auto £13, 595.00, registered 2008 mileage 500 miles, registered 2008 mileage 500 miles, transmission automatic body style hatchback, fuel type petrol exterior silver, number of doors 5 interior, previous owners 1 interior trim, alarm, trip computer, 6 speakers, side airbags, 3 point inertia reel seatbelts on all 5 seats, abs/ebd, 16, remote central door locking, front fog lamps, climate control and air quality control system, radio/cd + mp3, silver, £13595, Drake and Fletcher Honda, Tunbridge Wells, 0845 130 4298 (TRADE)

**RIO**, 1.5 CRDI GS Diesel, 2005, insurance group 4 abs air conditioning body coloured bumpers central locking drivers airbag folding rear seats front electric windows height adjustable drivers seat immobiliser passenger airbag power steering radio/cd steering wheel rake adjustment, clear silver, 30255 miles, £6495, Masters Bromley Kia, Beckenham, 0208 662 6133 (TRADE)

## LAND ROVER

**DEFENDER**, 90 TDI Hardtop, 10789054, tow pack, radio cassette, immobiliser, alarm, power steering, cloth upholstery, 4x4, price is £6, 995 + £1, 224.13 vat= £8, 219.13 total, road tax for this vehicle is £185 per year, constant green, 109000 miles, £6995, Diesel Centre, Staplehurst, 01580 890333 (TRADE)

**DISCOVERY**, TDS Commercial Automatic, ex35yvw, climate control, abs, quick-clear screen, traction control, cd player, remote alarm, remote central locking, cloth upholstery, adjustable steering column, power steering, twin air bags, rear wash/wipe, electric windows, electric mirrors, alloy wheels, 4x4, £8, 995.00 + £1, 574.13vat = £10, 569.13 total, road tax is £180.00 per year on this vehicle, silver, 88000 miles, £8995, Diesel Centre, Staplehurst, 01580 890333 (TRADE)

## MAZDA

**323**, GT 5dr, v674dnu, remote central locking, cloth upholstery, head restraints, power steering, air bag, colour coded body, metallic paintwork, rear wash/wipe, electric windows, air conditioning, cd player, stereo, 15" alloys, aluminium silver, 87000 miles, £2599, Marshams, Maidstone, 01622 200 100 (TRADE)

**MAZDA3**, 3 Ts 5dr, yy56hv, anti-theft system, central locking, immobiliser, remote central locking, cloth upholstery, height adjustable seat, lumbar support, folding rear seats, rear headrests, rear wash/wipe, metallic paintwork, abs, multiple airbags, power steering, electric windows, air conditioning, cd player, parking sensor, 15" alloys, aluminium silver, 13000 miles, £8495, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

**MAZDA5**, - Sport Diesel Nav, 1435649, mazda mazda 5 sport diesel nav £10, 989.00, registration j0q5ba, sale price £10, 989.00, registered 2006 mileage 17500 miles, fuel type diesel exterior silver, number of doors 5 interior blue, metallic blue, 1 interior trim cloth, there are a variety of warranty options, please ask at dealership for details, silver, £10989, Drake and Fletcher Honda, Tunbridge Wells, 0845 130 4298 (TRADE)

## MITSUBISHI

**COLT**, 1.5 SPORT, 2004, black, miles, £5995, Masters Group Mitsubishi Bromley, Beckenham, 0208 6587122 (TRADE)

**L200 ANIMAL**, 2005, Black, All leather, 18inch Alloys, Ultimate rear cab, load liner, tow bar, roof rack, 1 owner, 13,500 miles, MOT till July 2009, please call 01474 361021 or email edna-mick@talktalk.net (PRIVATE)

**LANCER**, 1.6 Equippe 4dr Auto, v0v5vnn, adjustable seats, adjustable steering column/wheel, air conditioning, alloy wheels, central locking, computer, driver airbag, electric mirrors, electric windows, foglights, head restraints, folding rear seats, immobiliser, passenger airbag, power assisted steering, radio/cd, rear headrests, insurance group 9, was black, 37000 miles, £5494, SMC Mitsubishi Erith, Erith, 01322 344277 (TRADE)

## NISSAN

**ALMERA E** 5dr Auto, ae52 upl, rear wash/wipe, rear headrests, central locking, electric front windows, cloth upholstery, height adjustable seat, radio cassette, air bag, power steering, adjustable steering column, red, 25300 miles, £3295, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

**MICRA**, SPRIITA 5dr, ov56wbl, electric front windows, electric mirrors, parking sensor, cd player, air conditioning, blue, 16000 miles, £7495, Automatically Ray Morris (Welling), Welling, 0208 303 4030 (TRADE)

**PRIMASTAR**, SL27 DCI 100 SE 100bhp 6spd, wu05bt, remote central locking, cloth upholstery, bulkhead, ladder bolster, side load door, barn doors, dual passenger seat, adjustable steering column, power steering, parking sensor, multi-function steering wheel, abs, air bag, air conditioning, electric mirrors, electric windows, delta blue, 38000 miles, £5495, Clearways Commercial, Sevenoaks, 01474 853034 (TRADE)

## PEUGEOT

**206**, GTi 2.0 M, remote central locking, full leather, head restraints, power steering, abs, auto lighting, colour coded body, metallic paintwork, uk supplied, central locking, remote alarm, sports seats, folding rear seats, traction control, trip computer, side air bags, twin air bags, front fog lamps, rain-sensing wipers, rear spoiler, electric front windows, electric mirrors, air conditioning, climate control, cd player, multi-disc cd player, steering wheel audio controls, stereo, 16" alloys, metallic blue, £2000 miles, £4699, Marshams, Maidstone, 01622 200 100 (TRADE)

**306**, 1.9 Turbo (a/c) Estate 5d 1905cc, r 1997, central locking, remote mirrors, electric windows, srs, airbag, radio cassette, air conditioning, 5 speed gearbox, power assisted steering, seat height adjuster, parcel shelf and large boot, factory fitted roof rails, very clean family car, metallic silver, miles, £2995, Westbrook Cars, Canterbury, 01227 710685 (TRADE)

**PEUGEOT 406 1.0TD ESTATE**, 1998, blue with grey interior, 7 years, 103,000miles, MOT till July 2009, e/w £400 on 01732 838457 (PRIVATE)

**ROVER**, 25, SEI 16v 5dr, hy05 ukm, front fog lamps, rear headrests, rear wash/wipe, remote central locking, alarm, immobiliser, height adjustable seat, alloy wheels, red, 10800 miles, £4995, Kings Highway Garage Ltd, Plumstead, 020 8855 4000 (TRADE)

## SAAB

**9-3**, Linear T1D 1.9, oct 2004 g5t4wlc, two previous keepers, power steering, remote central locking, air conditioning, electric windows, 6 speed gearbox, full service history, radio/cd player, twin & side airbags, abs brakes, engine immobiliser, car alarm, on-board computer, tinted glass, ad, steering column, seat height adjuster, alloy wheels, silver metallic, 32, 000 miles, £9, 495, Hollis Motors, Dover, 01304 206710 (TRADE)

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- Air Conditioning
- 15" Structured Wheels
- ABS
- Trip Computer

**From £8,795**

Save £5,885\* - Cash Price £14,680



## Meriva 1.4 Breeze

- Air Conditioning
- 15" Structured Wheels
- ABS
- Body Coloured Bumpers
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**TO ADVERTISE:** EMAIL US @: [appointments@kosmedia.co.uk](mailto:appointments@kosmedia.co.uk) TELEPHONE US ON: 01303 817040 FAX US ON: 01303 817004

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## BECOME A MULTI-SKILLED ENERGY ASSESSOR

By law trained Energy Assessors will need to carry out an estimated 3 million Energy Assessments in the year from this October - 200,000 commercial buildings, 1.8 million homes being rented and 1.1 million being sold (2.1m in normal house sale years).

Applicants are therefore required to train now - no previous surveying experience is required - at our London, Bristol, Birmingham and Manchester training centres which are approved by the Government-appointed Awarding Body for the Built Environment. The subsidised training is taken in separately bookable 1-week modules usually around current commitments and you qualify as a multi-skilled Domestic and Commercial Energy Assessor, Flood Risk Assessor and Home Inspector.

Homes now being sold already require Assessments with average fees of £70 being paid to our Assessors - fees for the 1.8m rented homes from October are expected to be similar. Fees for currently optional Home Inspections average £250 - commercial Assessments are expected to be higher. Up to 15 domestic Assessments or 6 commercial Assessments or Home Inspections are estimated to be carried out in a week, subject to size of properties and supply. As well as thousands of Assessors carrying out Energy Assessments, 7500 Home Inspectors will be needed upon Government making Home Inspections compulsory - less than a thousand are currently certified.

Regardless of the 'credit crunch' these new 'green' laws and 3 million Assessments are creating a rapidly expanding new industry which you could join, subject to interview and Aptitude test. So apply now for subsidised training and to start a new career carrying out this environmentally important work with potential multiple income stream opportunities.



**Ring 020 8335 1700**

Ref: HKO38E

Operating in the drug & alcohol and mental health sectors, KCA (UK) provides a wide range of high quality and innovative specialist services for adults and young people.



**REF: 516 - YOUNG PERSONS' DRUG AND ALCOHOL WORKER (EARLY INTERVENTION/TIER 2) - MEDWAY SCP 25 - 33, £20,736 - £26,835 (pay award pending) - 37 hours Essential Car User Allowance up to £1056**

You will be involved in a range of community based services for young people who use/misuse drugs, or are at risk of doing so. This will include early intervention and prevention initiatives with targeted groups of young people through giving advice and information, raising awareness and educating them about the risks of using drugs. Much of this will be carried out through group work and presentations, with some one to one work. It will include working closely with other agencies and professionals.

You need to have good substance misuse knowledge, excellent communication and engagement skills, casework skills, and the ability to be creative and innovative. Proven experience of working effectively with young drug and alcohol users is a prerequisite.

**For application forms and further information, contact:**  
KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT.  
Telephone 01795 590635, Fax 01795 539351,  
Email [recruitment@kca.org.uk](mailto:recruitment@kca.org.uk), [www.kca.org.uk](http://www.kca.org.uk).

**Closing date: Monday 29th September 2008**  
**Interview date: Friday 10th October 2008**

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse.  
Charity No: 292824

## Light Packing Staff

**£253per week + Medway**

You will need to be dextrous, numerate, literate and be able to work under pressure. Duties will include assembly and line packing, loading and unloading goods in a safe manner.

Product training will be given although previous experience within a fruit packing environment would be an advantage.

Working hours are from 7am - 7pm or 7pm - 7am.

Fixed shifts patterns will be 4 days a week.

Transport can possibly be provided...

Applicants can apply to Scott or Kate. Visit our offices at 299 High Street, Chatham, call 01634 830669 or email [chatham@bluearrow.co.uk](mailto:chatham@bluearrow.co.uk)

[www.bluearrow.co.uk](http://www.bluearrow.co.uk)

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To advertise in this section

**01303 817040**

achievement employability experience development



Sheppey College is part of Canterbury College. Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

### Lecturer Finance

7.4 hrs per week, salary range £17,816 - £25,545 pro rata per annum

08/136

### Lecturer Administration to Level 3 and Cross College Key Skills

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

08/73

### Supply Lecturers required in the following areas:

Administration and Office Skills Level 2 or 3

Bookkeeping and Accounting

Various hours available, salary range £17,816 - £25,545 pro rata per annum

SH/AOS  
SH/BKA

### Supply Learning Support required in the following areas:

Leisure & Tourism

Supported Learning

Various hours available, salary starting from £16,364 pro rata per annum

SH/LS/LT  
SH/LS/SL

For an application pack please visit [www.cant-col.ac.uk](http://www.cant-col.ac.uk) or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon

### Staff benefits include:

- Pensions and Life Assurance Scheme
- Generous Holiday Allowance
- Proximity to Mainbus / Train Stations
- Staff Discount Scheme

Canterbury College is an equal opportunity employer

achievement employability experience development



Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

### Supply Lecturers

Post Ref: Supply

Various hours are available, salary range £17,816 - £25,545 pro rata pa

If you are a newly-qualified teacher, or an experienced specialist interested in a second career in Further Education, we are keen to hear from you.

This is an exciting opportunity to gain valuable experience in the Further Education sector, supply lecturing offers the possibility of part-time hours fitted around your existing commitments, and according to your own specialist skills, qualifications and experience. A teaching qualification is not always essential, however if you do not hold one then we will provide the appropriate training when you join our team

We offer a wide range of both vocational and academic courses - to find out whether your skills match any of those on offer, further details can be found at [www.cant-col.ac.uk](http://www.cant-col.ac.uk).

For an application pack please visit [www.cant-col.ac.uk](http://www.cant-col.ac.uk) or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon.

### Staff benefits include:

- Pensions and Life Assurance Scheme
- Sports Hall and Gym
- Proximity to Mainbus / Train Stations
- Generous Holiday Allowance
- Close to City Centre
- Staff Discount Scheme

Canterbury College is an equal opportunity employer



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## PLUMBERS/MAINTENANCE ENGINEERS

Experienced plumbers and maintenance engineers required in the Tonbridge, Medway and Maidstone areas. Earning potential £30k plus.

Please contact:

Kevin Wyley, Pro Plumbing Kent Ltd,  
PO BOX 492, Chatham, Kent, ME5 9XX  
Tel: 01634 682011 • Fax: 01634 682019  
Email: proplumbkent@aol.com

## ARE YOU A TEACHER

and would like to individually tutor at high rates children aged up to 13 years in English and Maths in their own homes local to you?

Full introductions  
ALL WORK SUPPLIED!

A few early evenings a week of your choice.

LSA's and CA's also invited to enquire.

Phone FREE on 0800 136850  
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## College Information Services Assistant

Reference P0566

Salary £15,057 - £18,534

We are seeking to appoint a CIS Assistant who is able to demonstrate excellent Microsoft Office skills, pay good attention to detail and work under pressure. You will be required to assist in the maintenance and implementation of the information systems, reporting and analysing data to ensure that the College complies with relevant legislation and formal guidance. You will also be expected to provide general assistance to ensure the smooth running of the office.

## Senior Technician in Electrical Engineering

Reference P0631

Salary £16,199 - £20,997

The successful candidate will carry out technician duties, assist tutors and learners in all practical aspects of electrical engineering and co-ordinate work across the department.

You will possess a suitable higher level qualification in electrical engineering and have proven experience in a relevant electrical field.

Closing date is Friday 27 September 2008

Mid-Kent College is working in partnership with RBL Employment Solutions to support individuals who have a disability or health condition in the application, interview and employment with the college. If you would like any further information regarding RBL or require assistance with your application process then please contact RBL on 0800 783 1144 or visit their website [www.rbl.co.uk](http://www.rbl.co.uk) for information, advice and guidance.

The College is committed to safeguarding and promoting the welfare of young people and vulnerable adults and anyone applying for work with the College is expected to share this commitment. Any offer of employment is subject to an Enhanced Criminal Records Bureau Disclosure.

Application forms and further details are available from [www.midkent.ac.uk](http://www.midkent.ac.uk). Alternatively, please email [recruitment@midkent.ac.uk](mailto:recruitment@midkent.ac.uk).

For individuals without access to e-mail or the internet please call the Personnel department on 01634 845402 (24 hour answer machine).

In all communication with the college please quote the appropriate job title and reference number.



## Skilled Shift Fitters

Gillingham Depot

This progressive international company has a requirement for Skilled Engineering Fitters, to help maintain its mixed vehicle fleet in the Gillingham and Swale area. These roles are full time, include shift work and will at times require the successful applicants to work unsupervised in maintaining our vehicle fleet to the highest standards of safety and quality.

### Key responsibilities include:

- In depth knowledge of Goods Vehicles or Passenger Carrying Vehicles (PCVs) with appropriate qualifications
- High quality vehicle maintenance, cleanliness and presentation standards
- Flexible approach to hours of work
- Self motivated
- Good report writing skills
- Adherence to all H & S matters

To apply, please send a covering letter, your CV giving details of your relevant experience and qualifications to:

Mr A Henry, District Engineering Manager, Arriva Southern Counties,  
Nelson Road, Gillingham, Kent, ME7 4LN

Closing date for applications is: Friday 3rd October 2008.

Arriva is committed to diversity. If you're good, you're welcome.

Committed to delivering  
a better service



**FORT PITT GRAMMAR SCHOOL**  
SCIENCE AND MATHEMATICS COLLEGE  
Fort Pitt Hill, Chatham, Kent ME4 6TJ  
Tel: 01634 842359 Fax: 01634 817386  
Email: [office@fortpitt.medway.sch.uk](mailto:office@fortpitt.medway.sch.uk)  
Headteacher: Mrs Julia M Bell, BA (Hons)  
Age range 11-18 (6 i.e.) NOR 920 girls 187 in Sixth Form

## SENIOR IT TECHNICIAN / WEB DEVELOPER

Full-time position - 37 hours per week

N J C Points 15-24 (£15,470 - £20,099 - pay award pending)

Position on scale according to age and experience

The school wishes to appoint a dynamic Senior IT Technician to become part of our busy support team. Applicants should have a sound working knowledge of computer hardware, software and audio/visual equipment, possess good trouble-shooting skills and have previous experience of web design and implementation. Previous experience of RM Community Connect 3 would be an advantage.

Good communication and organisational skills, a conscientious work ethic, and the ability to build and maintain positive relationships, with both staff and pupils, are essential.

## ART, DESIGN & TECHNOLOGY TECHNICIAN

Term Time only - 37 hours per week

NJC Points 7-21 (£12,291 - £18,430 - pay award pending);

pro rata to £10,035 - £15,047 for Term Time only

Position on scale according to age and experience

We require, as soon as possible, an enthusiastic technician with an interest in the visual arts to join a successful Art, Design and Technology Department.

The successful candidate will be well organised, able to work on their own initiative and willing to tackle a wide range of practical activities including basic maintenance of equipment, supporting teaching and learning, preparing materials and carrying out risk assessments. An ability to work as part of a team is essential.

Any offer of appointment will be subject to satisfactory references and an enhanced Criminal Records Bureau disclosure. Please note that this school is a designated non-smoking area.

Fort Pitt is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Please note that Fort Pitt operates a no smoking policy throughout the buildings and site.

If you believe that you have the skills and characteristics necessary for either of these posts then please apply by letter to the P.A. to the Headteacher, enclosing a CV and the names of two referees, by 1st October 2008.

Further details including job descriptions may be accessed from the Fort Pitt website ([www.fortpitt.medway.sch.uk](http://www.fortpitt.medway.sch.uk)).



## FUELLER/SHUNTER/CLEANER

There is a vacancy for an Evening Fueller/Shunter/Cleaner to be based at our Gillingham Depot, reporting directly to the Assistant Engineering Manager.

### Activities will include:

Fuelling, shunting, oils, waters and cleaning a fleet of buses in preparation for the following days use, General yard duties.

### Personal qualities should include:

- High quality vehicle cleanliness and presentation standards
- Flexible approach to hours of work - 1700pm until 01.00hr Monday to Friday covering five days on a 38 hours per week
- Self motivated
- Adherence with all H & S matters
- Car licence essential, PCV holders preferred as some vehicle change overs may be required, although training will be provided for NPCV holders.

To apply, please send your CV and a covering letter to: Mr A Henry District Engineering Manager, Arriva Southern Counties, Nelson Road, Gillingham, Kent, ME7 4LN.

Closing date for applications is: Friday 3rd October 2008.

Arriva is committed to diversity. If you're good you're welcome.

Committed to delivering a better service



## Abbey Court School

"WE GROW PEOPLE"

Abbey Court School, a 'special' school and a 'special' place to work.

We are currently looking for...

## TEACHING ASSISTANTS

to join and enhance our large and expanding, high calibre team.

Medway Scale, Grade D2

£14,492 - £18,430 (PRO RATA) +

SEN Allowance (£1,107) (pay award pending)

Are you committed, motivated and enthusiastic? Does 'Every Child Matter' to you? Can you make a difference? If so, share your talents and expertise with us.

Abbey Court is located on 2 sites; Rainham (Primary) and Strood (Secondary and Further Education), and caters for pupils aged 4-19 with severe learning difficulties. Working hours are 32.5 pw, term time only. Previous experience and/or NNEB (or equivalent) qualifications preferred. Comprehensive training and induction will be provided.

This School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Record Bureau Disclosure.

For an application pack, please write to/telephone (stating the role for which you are applying): Mrs Linda Taylor, Abbey Court School, Rede Court Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will not be accepted.

Closing Date: 19.9.2008



## Abbey Court School

"WE GROW PEOPLE"

Abbey Court School, a 'special' school and a 'special' place to work.

We are currently looking for...

## CARETAKER

Medway Scale, Grade D2

£14,492 - £18,430 (PRO RATA) + SEN Allowance (£1,107) (pay award pending)

Are you committed, motivated and enthusiastic? Can you work using your own initiative, as well as being part of a team?

Abbey Court is located on 2 sites; Rainham (Primary) and Strood (Secondary and Further Education), and caters for pupils aged 4-19 with severe learning difficulties.

The post holder will be based primarily at the school's Strood site, reporting to the Site Manager and Headteacher.

This School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Record Bureau Disclosure.

For an application pack, please write to/telephone (stating the role for which you are applying): Mrs Linda Taylor, Abbey Court School, Rede Court Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will not be accepted.

Closing Date: 19.9.2008



## Head of Behaviour Pupil Referral Units

Starting salary £46,535, with progression through contribution related pay to £53,422 per annum Sessions House, Maidstone

This is an exciting post in the dynamic and evolving structure of Children's Services in Kent. You will take a strategic lead in the continued development of Pupil Referral Units across the County, and will therefore have responsibility for professional support, development and standards of the Behaviour PRUs. As part of the commissioning cycle, you will proactively monitor, support and challenge Local Children's Service Partnerships to ensure access to a diverse range of effective educational provision for all children attending PRUs.

Ensuring effective monitoring systems are established and implemented according to agreed Local Authority policies and national guidance is essential.

Already a highly successful manager in a school, Local Authority or equivalent, with a detailed knowledge of Alternative Provision and the capacity to improve services in a large, excellent authority you will be a key member of the Attendance and Behaviour Service Senior Management Team. Ref: CFE/08/0457

Closing date: Midday, 19th September 2008.

Interview date: 6th October 2008.

## Alternative Curriculum PRU Gravesend and Dartford

The Gravesend and Dartford Alternative Curriculum PRU is a newly re-established Pupil Referral Unit providing for disengaged and disaffected Key Stage 4 young people. It provides an innovative and exciting curriculum for students within a diverse and stimulating working environment.

We are committed to delivering a high quality and genuinely imaginative education, focussed on the needs of young people.

## Unqualified Tutor

£14,751 to £23,331 per annum

3 year temporary contract

Ref: CFE/08/0462

## Teaching Assistants

Starting salary £13,959, with progression through contribution related pay to £15,826 per annum, pro rata, 20 hours per week, term time only, fixed term to August 2009

Ref: CFE/08/0463

Tutors will be responsible for the planning, delivery and evaluation of sessions through a variety of media. As a Teaching Assistant you will provide support to students under guidance from the tutor. For both posts you will be committed to the welfare and education of vulnerable and disengaged students.

Closing date for both posts: Midday, 24th September 2008.

These posts are subject to an Enhanced Disclosure from the Criminal Records Bureau.

To apply, visit [www.kent.gov.uk/jobs](http://www.kent.gov.uk/jobs) Alternatively, please email [recruitment.line@kent.gov.uk](mailto:recruitment.line@kent.gov.uk) or call 0845 8247 904 quoting the relevant reference number.

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so neither are our people.



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# Looking for Positives...

## CEDAR HOUSE, BARHAM, KENT

Cedar House is a 44-bed hospital offering secure services to people with learning disabilities and challenging behaviour. Do you want to work in a meaningful and challenging role in a stimulating environment? We currently have several exciting opportunities to join our friendly team in the following departments:-

### SOCIAL WORK

#### SENIOR SOCIAL WORKER

£31,040 pa – 37.5 hours per week

The post holder will provide a comprehensive social work service to the patient group, including pre-admission assessments, treatment plans, discharge arrangements, social work reports and attending internal and external meetings as appropriate. You will actively promote and enhance social work practices to the highest standard and provide social work advice based on sound evidence and best practice to members of the multi-disciplinary and senior management team.

You will lead the Social Work department in developing a strategic plan for the progression of the social work service within the unit, providing visible social work leadership and input.

You must have comprehensive experience of working in a social work role within a learning disability/mental health setting together with previous supervisory experience. You will have an in-depth understanding of the Mental Health Act 1983, Care Standards Act 2000, relevant legislation and best practice and be able to work according to these requirements. Relevant qualifications and valid registration with the General Social Care Council (GSCC) are required for this role.

#### NEWLY QUALIFIED SOCIAL WORKER – PART TIME POST

£25,577 pa (pro-rata for part time)

You will support in providing a comprehensive social work service to patients, including treatment plans, discharge and transfer arrangements, social work reports, liaising with families/relatives regarding patient progress and facilitating home visits where appropriate.

You will support the Senior Social Worker in delivering a high calibre, visible social work service to the unit.

You will possess a Diploma in Social Work or recognised equivalent and must be registered or eligible to register as a Qualified Social Worker with the General Social Care Council (GSCC). You will possess previous experience working within a healthcare/learning disability environment and will have comprehensive understanding of the Mental Health Act 1983, Care Standards Act 2000 and other relevant legislation and be able to work according to these requirements.

### ADMINISTRATION

#### ROTA & KPI CO-ORDINATOR

£17,010 pa – 37.5 hours per week

You will have overall responsibility for the management of 4 weekly rosters and co-ordinating the resourcing requirements of the nursing and care department, including allocating overtime, agency and bank shifts to staff. You will manage the Time Attendance Rostering System (TARS), ensuring accurate information is inputted, and the collation and production of accurate unit operational KPIs.

You will possess previous experience of rostering (both creation and management) and experience in dealing with and analysing statistical and financial information. You will have excellent communication and IT skills, be able to work independently and as a part of a team and be able to work to deadlines in a pressurised environment.

### EDUCATION, REHABILITATION AND SKILLS DEVELOPMENT DEPARTMENT

#### TUTORS – COMMUNICATION, DAILY LIVING SKILLS & SPORTS/FITNESS

£17,010 pa – 37.5 hours per week (3 posts)

You will assess patient skills in your identified activity area, plan activities according to individual needs, produce individual learning plans and facilitate learner involvement setting positive, achievable targets in line with service guidelines. You will maintain daily records and submit detailed written reports on patient progress for reviews and assessment meetings.

You will have previous experience of planning, delivering and evaluating activities and supporting adults within your identified activity area in a healthcare/learning disability environment. You will possess highly developed organisational skills, be able to manage own workload accordingly and possess a full UK Driving Licence and be willing to drive Company vehicles. An initial teaching qualification (C&G, 7303 PTLLS or equivalent) and activity area related qualification is desirable.

#### TEACHER – BASIC SKILLS

£21,805 pa – 37.5 hours per week

You will design and deliver individually tailored educational programmes to meet patient needs, carry out assessments, produce individual learning plans and, mentor and develop members of the Education, Rehabilitation and Skills Development Department. You will facilitate learner involvement, oversee the regular review of patient goals and take a lead role in an agreed area of development/responsibility.

You will hold a teaching qualification (Cert.Ed., B.Ed, PGCE or recognised equivalent), possess comprehensive experience of planning and delivering educational sessions and have previous supervisory experience. You will be able to effectively organise and manage your own workload, be an excellent communicator and be able to develop and maintain positive working relationships with patients, colleagues and external agencies.

#### PATIENT ACTIVITY TIMETABLE CO-ORDINATOR

£9,808 pa – 22.5 hours per week (to be worked across 5 days)

You will be responsible for producing weekly timetables, to include activity sessions, staff allocation and resource availability. You will produce accessible information for patients relating to individual activities and provide administrative support to the Department, including producing Key Performance Indicators (KPIs).

You will possess highly developed organisational and communication skills, and have a working knowledge of MS Office Suite. You should have experience of preparing materials to tight deadlines with a high standard of accuracy and presentation and the ability to manage time effectively, work methodically and maintain positive relationships with patients and colleagues.

In return we offer a variety of benefits including Pension, Life Assurance, 30 days annual leave plus Bank Holidays, excellent training and development opportunities and positive management support.

If you wish to be considered for any of these roles, please contact Reception on (01227) 833700 for an application form, alternatively you can download an application form from our website [www.careprinciples.com](http://www.careprinciples.com)

Closing date: 28th September 2008.

Appointments are subject to Criminal Records Bureau Disclosure. We are an equal opportunity employer committed to developing our staff.



[www.careprinciples.com](http://www.careprinciples.com)



## Recruitment and Training Officers

Starting salary £20,061, with progression through contribution related pay to £22,825 per annum West Kent and East Kent

KEY Training Services deliver an exciting range of innovative training programmes to people aged 14-upwards. As one of the largest work-based training providers in Kent, we offer a wide range of Vocational and Pre-vocational programmes and qualifications across 5 centres in Kent. Working with KEY provides you with excellent Professional Development Opportunities.

Our Open Door programme is an innovative confidence and motivational course, which provides young people aged 16-25 with the skills they need for further training and employment. This position is learner focused, fast paced, and above all rewarding.

To succeed, you will need to be able to deliver motivational and confidence training, whilst supporting, guiding and developing young people and engaging and encouraging employers to support young people in work placements.

Developing, implementing and researching new training ideas along with responding to change and using your initiative, will all be part of your remit.

If you have these competencies we would like you to join our team.

This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau.

To apply, visit [www.kent.gov.uk/jobs](http://www.kent.gov.uk/jobs) Alternatively, please email [recruitment.line@kent.gov.uk](mailto:recruitment.line@kent.gov.uk) or call 0845 8247 904. Please quote reference number CMY/08/0210.

Closing date: Midday, 23rd September 2008.



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[www.kent.gov.uk/jobs](http://www.kent.gov.uk/jobs)

## WEST KENT



### Community Support Worker

Based in Rainham, Job Ref: MSF048

Salary £18,038

37 hours a week

West Kent is a high performing housing association providing excellent homes and services across Kent and we are a Sunday Times Best Company and a listed Top 100 small employer.

In the role of Community Support Worker you will provide floating support to a group of vulnerable clients, who have previously received support from a Community Support Officer and are now ready to withdraw from the service.

Your key role will be to help individuals become independent and make a fresh start.

For this role you will need experience of supporting people in at least one of the following areas: mental health, learning disability, substance misuse, or vulnerable older people.

You must have genuine commitment to make a difference and have a flexible approach. Excellent communication and motivational skills are essential as you will be working closely with a broad range of people.

You will encourage self-sufficiency and independence while at the same time providing clients with the support and guidance they need to get back on their feet. You may also be required to give practical 'hands on' help in life skills in some cases.

You must be well organised, able to work on your own initiative and have a full driving licence and access to a vehicle for business use.

To request an application pack contact Clare Cornwell on 01732 749451 or email [clare.cornwell@wkha.org.uk](mailto:clare.cornwell@wkha.org.uk)

Closing date: 29 September 2008

Interview date: w/c 6 October 2008

This post is subject to a Criminal Records Bureau check.

West Kent Housing Association aims to provide equality and opportunity for all we house and employ

View our current vacancies online at [www.westkent.org](http://www.westkent.org)



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The smart way to find a job in the County



## "A future with a top holiday provider?"

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At Saga, we lead the way in providing holidays that meet the needs of today's increasingly adventurous over-50s market. And if you're interested in starting an accountancy career in this exciting industry, we can fulfil your requirements too.

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In addition, we also have opportunities for temporary staff within the Saga Holidays Finance team.

Interested? Then write enclosing your CV and current remuneration details to Jo Mills, HR Officer, Saga Group Limited, The Saga Building, Enbrook Park, Folkestone, Kent CT20 3SE or e-mail: human.resources@saga.co.uk Please quote reference number SH246 for the Product Accountant role and SH246T for the temporary opportunities.

Closing date: 3 October 2008.

saga.co.uk

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To advertise in this section ☎ 01303 817040



## Serious about your career?

From school leavers with good 'A' levels, through competent insurance and claims technicians up to Account Executives, we're seeking people who are serious about their careers.

"A very supportive environment. Belmont keeps its promises and delivers rewards"

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S.K. Administrator

Progress in your career is encouraged and rewarded"

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- Active Social Club

For more information visit [www.belmontint.com](http://www.belmontint.com)

### About Belmont

- Kent's largest independent insurance broker and financial services provider
- A highly successful, fast expanding, results-orientated and well established organisation

If you want a new challenge, send a full CV and covering letter stating position sought and current salary to [Sue.Wenham@belmontint.com](mailto:Sue.Wenham@belmontint.com)



Belmont International Limited is a company registered in England & Wales under company registration number 1427492. The registered office is located at Becket House, Vestry Road, Otford, Kent TN14 5EL. Authorised and Regulated by the Financial Services Authority.



## Extraordinary People doing an Extraordinary Job



One of the country's leading providers of education and residential care for vulnerable young people are now recruiting. Due to expansion, our homes near Maidstone, Meopham and Bromley currently have vacancies for:

**Registered Manager** (Salary up to £33,900 plus bonus)

**Deputy Managers** (up to £22,980 plus £27 per sleep in allowance)

**Senior Residential Support Workers** (up to £20,040 plus £27 per sleep in allowance)

**Residential Support Workers** (up to £15,500 plus £27 per sleep in allowance)

**Waking Night Residential Support Workers** (up to £9.88 per hour)

As part of the team of carers, you will work closely with the young people, providing 24 hour intensive care and support within the home.

Ideal applicants will have had experience as a residential childcare practitioner or in education. You will need appropriate qualifications and experience to be considered for the Registered Manager, Deputy Manager and Senior RSW roles.

These positions come with an excellent benefits package and we take pride in the training and career opportunities we offer.

If you feel you have the skills and experience to succeed in any of these roles, please telephone our 24 hour recruitment hotline on **01536 509209** for an application pack or email [slitman@castlehomes.co.uk](mailto:slitman@castlehomes.co.uk). You can also access our recruitment web page on [www.castlecaregroup.co.uk](http://www.castlecaregroup.co.uk)

Closing date for completed applications: **6th October**  
Interviews will take place during week commencing: **13th October**



achievement      employability      experience      development



Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

<b>Project Co-ordinator – College Redevelopment</b>	<b>08/117</b>
37 hrs per week, salary starting from £18,375 per annum	
<b>Trainer Demonstrator – Sport, Leisure, Travel &amp; Tourism</b>	<b>04/106</b>
18.5 hrs per week, salary starting from £18,375 pro rata per annum	
<b>Trainer Demonstrator Animal Care and Land Based</b>	<b>TD13</b>
18.5 hrs per week, salary starting from £18,375 pro rata per annum	
<b>Trainer Demonstrator – Maths/Physics</b>	<b>TD17</b>
27.75 hrs per week, salary starting from £18,375 pro rata per annum	
<b>Lab Technician (Resource Assistant)</b>	<b>RA18</b>
18.5 hrs per week, salary starting from £14,535 pro rata per annum	
<b>Resource Assistant/Work Placement Organiser for Health and Social Care</b>	<b>RA17</b>
18.5 hrs per week, salary starting from £14,535 pro rata per annum	
<b>Resource Assistant Animal Care and Land Based</b>	<b>04/98</b>
37 hrs per week, salary starting from £14,535 pro rata per annum	
<b>Placement Visitor within Early years/Playwork</b>	<b>04/116</b>
19 hrs per week, 38 weeks term time.	
Salary starting from £14,535 pro rata per annum	
<b>Curriculum Support Assistant within the Faculty of ICT/ Retail &amp; Commercial/ Leisure &amp; Tourism/ Catering/ Business &amp; Law</b>	<b>08/66</b>
37 hrs per week, 38 weeks per year term time. Salary starting from £18,375 pro rata per annum	
<b>Curriculum Support Assistant within Health, Public Services and Care</b>	<b>08/131</b>
37 hrs per week, 38 weeks term time.	
Salary starting from £18,375 pro rata per annum	
<b>Assistant Head Chef</b>	<b>RC01</b>
37 hrs per week, salary starting from £14,535 per annum	
<b>Catering Assistant</b>	<b>CA6</b>
16 hrs per week, 36 weeks term time.	
Salary £11,801 pro rata per annum	
<b>Night Cleaners</b>	<b>08/22</b>
20 hrs per week, salary £6.13 per hour	
<b>Full Time Cleaner</b>	<b>08/21</b>
37 hrs per week, salary £6.13 per hour	

For an application pack please visit [www.cant-col.ac.uk](http://www.cant-col.ac.uk) or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is **Monday 29th September 2008 at 12 noon**

### Staff benefits include:

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Close to City Centre
- Sports Hall and Gym
- Generous Holiday Allowance
- Staff Discount Scheme



Canterbury College is an equal opportunity employer

South East Health Ltd is a dynamic, growing organisation, commissioned by several Primary Care Trusts in Kent and Sussex to deliver an impressive range of unscheduled care services to a resident population base of around 2.2 million.

In order to meet the needs of patients we require experienced nurses to join the following nursing teams:

## NURSE PRACTITIONERS

Nurses with minor illness/injury experience are required to work alongside our GP workforce at William Harvey Hospital, Ashford for daytime and out-of-hours shifts as part of our A&E Front Ending Project.

We also require experienced minor illness nurses to work within our Out of Hours clinical bases within East Kent including Sittingbourne and the Isle of Sheppey. Nurses will provide assessment and treatment for patients with urgent care needs, supported by PGDs and prescribing skills where appropriate.

## NURSE ADVISORS

Telephone Nurse Advisors are the first point of clinical contact for patients and we are currently recruiting for our Ashford Call Centre. Using clinical knowledge and skills alongside triage protocols you will decide the most appropriate pathway of care for patients and their symptoms.

## STAN (SINGLE TELEPHONE ACCESS NUMBER)

The STAN service has been commissioned by PCT's and is staffed by a team of experienced nurses and skilled support staff. We require nurses to join our team working between 8am and 8pm at our Ashford Call Centre to help plan patient care alongside GP's ensuring appropriate transfers of care for patients.

For an application pack or an informal discussion with the locality manager please contact Caroline Weetch, HR Assistant on 01732 376092 or e-mail caroline.weetch@sehnps.nhs.uk

Closing date for receipt of application: 10th October 2008

South East Health is an equal opportunities employer.



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Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

### Head of Faculty Higher Education

37 hrs per week, salary starting from £40,821 per annum

08/112

### Section Manager – Automotive Engineering

37 hrs per week, salary starting from £32,808 per annum

06/70

### Section Manager Construction Craft

37 hrs per week, salary starting from £32,808 per annum

08/12

### Section Manager – Sports, Leisure, Travel & Tourism

37 hrs per week, salary starting from £32,808 per annum

08/27

### International Manager

37 hrs per week, salary starting from £32,808 per annum

08/111

### Co-ordinator of WBL and other Part-time Motor Vehicle programmes including IMI ATA

37 hrs per week, salary starting from £26,365 per annum

CO106

### Coordinator of IMI and C & G Full-time

Automotive Engineering Programmes

37 hrs per week, salary starting from £26,365 per annum

08/132

### Lecturer Public Services

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

07/31

### Lecturer Health & Social Care

37 hrs per week, salary range £17,816 - £25,545 per annum

05/39

### Lecturer Health & Social Care

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

L90

### Lecturer Animal Care and Land Based

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

07/04

### Lecturer Animal Care and Land Based

37 hrs per week, salary range £17,816 - £25,545 per annum. Temporary post to cover maternity leave.

08/133

### Lecturer Independent Living and Leisure Skills

9.25 hrs per week, salary range £17,816 - £25,545 pro rata per annum

08/135

### Lecturer Independent Living and Leisure Skills

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

00/33

### Lecturer Performing Arts – Drama

18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum

08/100

### Supply Lecturers required in the following areas:

Sport

Computing

Hairdressing

Drama

Dance

Various hours available, salary range £17,816 - £25,545 pro rata per annum

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For an application pack please visit [www.cant-col.ac.uk](http://www.cant-col.ac.uk) or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon

### Staff benefits include:

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Close to City Centre
- Sports Hall and Gym
- Generous Holiday Allowance
- Staff Discount Scheme

Canterbury College is an equal opportunity employer

Gravesham  
Borough Council



Communities  
Public Health and Communities

## Community Health Networker - Men's mental health and well

2 year Fixed Term Contract

Ref: CHNMH/JB

Salary: Circa £18,000 - £21,000

Could you inspire men to talk about their health?

We are looking for someone who has the ability to use innovative methods to collect views and opinions from young men, men out of work and men over the age of 50 and 60 on their mental health.

Based at the Gr@nd and working across the Borough of Gravesham the post holder will carry out a needs assessment on the potential inequalities in health and wellbeing for the target groups and write a report on how these needs can be addressed.

You will be of degree calibre, with an understanding of health and health related issues specific to men's health and wellbeing. Community development experience is an essential requirement of the post.

Some flexibility in terms of evening and weekend work will be required.

Appointment is subject to a satisfactory Criminal Records Bureau check.

## Networker - Health Inequalities, Rural areas

2 year Fixed Term Contract

Ref: CHNHI/JB

Salary: Circa £18,000 - £21,000

Are you passionate about enthusing others to lead a healthy lifestyle?

In this exciting new post you will work across the Borough of Gravesham to research the need for, and deliver, a variety of initiatives aimed at reducing health inequalities in rural communities.

You will be of degree calibre, with an understanding of health and health related issues. Community development experience is an essential requirement of the post.

Some flexibility in terms of evening and weekend work will be required.

Appointment is subject to a satisfactory Criminal Records Bureau check.

Closing date for all posts: 29 September 2008

For an application form and job description please contact:

Customer Services, Gravesham Borough Council, Civic Centre, Windmill Street, Gravesend, Kent DA12 1AU.

Telephone: 01474 33 70 00

Email: [customer.services@gravesham.gov.uk](mailto:customer.services@gravesham.gov.uk)

Website: [www.gravesham.gov.uk](http://www.gravesham.gov.uk)

Gravesham Borough Council is working towards equal opportunities and welcomes applications from all sections of the community. The council also operates a no smoking policy





## Thanet Children's Participation Project Hythe and Ashford Saturday Club

Thanet Children's Participation Project works with children and young people to enable them to engage in positive activities, contributing to their communities and making their voices and opinions heard.

Having successfully established activity clubs for children with disabilities in both Hythe and Ashford, we are now seeking to appoint an additional number of fun-loving, creative, caring and approachable Support Workers for our Saturday Clubs. As a sessional worker your focus will be to provide support and positive play and leisure experiences for children and young people with disabilities, in a scheme that will run on two Saturdays per month in each area.

You will need to have some previous experience of working with children and young people with disabilities, a sound knowledge and understanding of the issues facing disabled children and young people, and the ability to engage with children using participative methods in an informal setting. You will be educated to GCSE standard (or equivalent). Reliability and punctuality are a critical element of this role.

Hours for these posts will be variable, though as an indication for candidates sessions usually run for five-six hours per Saturday. There may be a possibility for staff to work additional hours at either scheme during school holidays; however this aspect cannot be guaranteed. All appointments are subject to an enhanced CRB disclosure.

For an informal discussion about the role please contact the project team by telephone on 01843 596659.

As well as a strong commitment to your development, we offer generous holidays, contributory stakeholder pension, childcare vouchers and flexible working.

To apply, please visit [www.playyourpart.co.uk](http://www.playyourpart.co.uk) in the first instance, or call us on 0121 362 8633 quoting reference number Sotz66/KS. Applications must be received by Thursday 18 September, and interviews will take place on 26 September.

Charity Registration No. 22124

## Sessional Support Workers

£7.69 to £9.95 per hour  
(pay award pending)  
Temporary contract to  
March 2009



**The Children's Society**  
making childhood better

*The Children's Society is a leading children's charity committed to making childhood better. We deliver specialist services for individual children who face daily disadvantage, while our research and campaigning creates real change for all children in the UK.*

We strive to be an equal opportunities employer



## DESPATCH PICKER

Successful Ashford Company requires up to four people to join our Despatch Picking team. The role involves selecting and picking plants for customer orders and packing plants ready for transporting.

You will be:  
Working with plants  
Working with people in a team  
Working to deadlines

The successful candidate will be able to work under pressure, work on their own and within a team which has a "can do" attitude. Some knowledge of plants and Latin names will be an advantage as will a fork lift truck ticket. Good physical fitness and good numeracy is also required. Induction training will be given.

Usually 5 days a week Mon-Fri 7.30 to 17.00 but occasionally longer working - the job is not finished till its done and lorry's loaded. In addition there can be some Saturday (morning) working. We offer a very varied working day, good team spirit and plenty of fresh air as well as good rates of pay and rewards for good performance.

Applications in writing please, in letter, email ([shawn@palmstead.co.uk](mailto:shawn@palmstead.co.uk)) or ask for an application form from the office or download one from our web site. For an informal talk speak to Shawn Putland (01233 811307) or Steve Piddock.

**Please respond to this advert by  
close of business Monday 6th October 2008 or before.**

Palmstead Nurseries, Harville Road, Wye, Ashford Kent TN25 5EU  
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in this  
section

01303  
817040

## COOK

Delicious Ready Meals

We are a unique family business selling fantastic ready meals and puddings in our own shops throughout the South East of England, our national online delivery service and through our wholesale business selling to farm shops and independent food producers and we're growing fast.

We have some exciting positions that have been created to help us in our expanding business.

Permanent and Temporary positions available.

**Chefs**

£7.18 during probation then £8.42 per hour

All our dishes are prepared to the highest quality following our tried and tested recipes. We are looking for a chef who has either got their NVQ in cooking or has experience of working in a fast paced catering environment.

**Prep Chefs**

£6.48 during probation then £7.18 per hour

We are looking for someone who has good knife skills to cut and prepare all the meat and vegetables to the specification that is required. Ideally you will have an NVQ in cooking with previous experience working in a fast paced catering environment.

**Pastry Chefs**

£6.48 during probation then £7.18 per hour

We are looking for someone who knows a thing or two about working with pastry both savoury and sweet. In a day you could be making 80 quiches, 100 pies or 600 portions of chocolate sponge. You will need previous experience of either pastry or bakery and ideally have an NVQ.

**Finishing Assistants**

2pm to 10 pm shift

£6.22 during probation then £6.48 per hour

Our Finishing Assistants have the extremely important job of making sure that every dish we make leaves the Kitchen looking perfect. They are responsible for dishing up the food, weighing the contents and then sealing, labeling and boxing the finished dishes. You will need to be numerate, reliable and possess great team skills, with the ability to work quickly in demanding conditions. Kitchen/food experience is an advantage but is not essential.

Please send your CV to Sarah or Jodie in Personnel at COOK, Eurolink Way, Sittingbourne, ME10 3HH. If you need further information please call 01795 471700.

[www.cookfood.net](http://www.cookfood.net)

**COOK**

The COOK Kitchen, Eurolink Way, Sittingbourne, ME10 3HH

## PUBLIC NOTICE

**FASPARTS MOTOR FACTORS LTD**

Company Number 03577323

Notice is hereby given, pursuant to Section 98 of the Insolvency Act 1986 that a meeting of the creditors of the above-named Company will be held at Kent Space, 6-8 Revenge Road, Lordswood, Chatham, ME5 8UD on Wednesday 8 October 2008 at 1.30 pm for the purposes mentioned in Sections 99 to 101 of the said Act. The resolutions at the meeting of creditors may include a resolution specifying the terms on which the liquidator is to be remunerated. The meeting may receive information about, or be asked to approve, the costs of preparing the statement of affairs and convening the meeting. Pursuant to Section 98(2) of the Act, a list of names and addresses of the company's creditors may be inspected, free of charge, at the offices of Carmichael & Co, 5th Floor, City Wharf, New Bailey Street, Manchester M3 5ER on the two business days falling next before the day of the meeting. Dated: 5 September 2008 By Order of the Board Elaine Mackie, Director

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## MULTI SKILLED CARPENTER required (Self Employed)

Must have experience and be able to work alone in a professional manner to high standards.

The applicant must also have own transport and be willing to travel (sometimes required to stay away).

Contact Andy Fuller on 07710 261616 or email: [andy@bespokedevelopments.co.uk](mailto:andy@bespokedevelopments.co.uk)

## The Royal School of Military Engineering (Chatham) Faculty Managers

Salary circa £40,000 + PRP

The Royal School of Military Engineering (RSME) trains in excess of 8,000 soldiers per year in construction and engineering skills. Currently we are looking for a number of Faculty Managers to lead successful teams of instructors in the following areas:

- **Design Faculty** – includes responsibility for draughtsmen, surveyors and construction materials testing courses
- **Building Faculty** – includes responsibility for building and construction, carpentry and joinery and structural finishing courses
- **Electrical Faculty** – includes responsibility for all electrical courses
- **Engineering Services Faculty** – includes responsibility for all heating and plumbing, air conditioning and refrigeration and fabrication courses

These are key appointments reporting directly to the Head of Division and the successful candidates will need to demonstrate the ability to manage multidisciplinary instructional teams to achieve high quality teaching and high pass rates in all course programmes within their faculty. For the Construction and Engineering Faculty Managers posts you will be a qualified and experienced engineer or tradesperson preferably with an education or training background, although this is not essential.

For an application form and job description please: Visit our website [www.midkent.ac.uk](http://www.midkent.ac.uk)  
Email: [rsme.recruitment@midkent.ac.uk](mailto:rsme.recruitment@midkent.ac.uk)  
Telephone 01634 845402 (24 hour answer machine)  
Personnel Director Iain Donaldson on 01634 884422  
Personnel Officer, Marie Cook on 01634 884736

Informal enquires are very welcome, please telephone:

Closing Date 26th September 2008 Interviews will take place in week commencing 29th September 2008



Mid-Kent College is an equal opportunity employer

The College is committed to Equal Opportunities and to selection on merit. It welcomes applications from all sections of society. We particularly welcome and encourage applications from under represented groups including black, minority ethnic and disabled people.





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## BUSINESS BRIEFS

### Proper equipment essential at height

THE Health and Safety Executive (HSE) is urging companies to provide full safety equipment to employees working at height, following the prosecution of a Hampshire company last week.

Profile Construction and Interiors pleaded guilty at Basingstoke magistrates' court and was fined £234, plus £200 costs and a victim surcharge of £15, for breaching regulation 9(2) of the Work at Height Regulations 2005.

It comes after an incident last August when an employee fell three and a half metres through a fragile roof and suffered a broken collarbone, fractured ribs and a fractured skull in three places.

He was standing on two crawling boards Profile Construction and Interiors had provided.

However, the boards were an insufficient platform to work on, and no coverings or guard-rails had been provided.

### Two autumn talks

THE Kent branch of the Chartered Institute of Marketing is hosting two evening events this autumn.

The first is on Wednesday, October 8, at the Ramada Hotel Resort in Maidstone. The Kent annual marketing lecture, On a Wing and Prayer, will be delivered by Tony Anderson, former marketing director of EasyJet.

Then, at Kings Hill on Wednesday, November 12, CIM Kent branch president Dr Paul Fifield will talk on Marketing in a Recession.

Both lectures are open to all businesses and interested people. To book, visit [www.cimkent.co.uk](http://www.cimkent.co.uk).

### Chapel Down dinner

THE newly-opened restaurant run by celebrity TV chef Richard Phillips at Chapel Down vineyard is hosting an evening for county businesspeople to celebrate the best of English food and wine.

As grapes at the Tenterden vineyard near harvest time, guests will tour vineyards and the winery, followed by wine tasting and dinner.

The event on Thursday, September 25, has been organised by the Kent branch of the Institute of Directors.

Tickets are £45 for IoD members, £55 for non-members, plus VAT. Contact [iod.kent@iod.com](mailto:iod.kent@iod.com) or call 01732 849570.

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The Institute of Directors talks business strategies. Search 'leadership'

# ADD to the pressures of modern office life

BY TONY PATEY

IT'S spreading from the blackboard jungle to the e-mail jungle – Attention Deficit Disorder (ADD) has migrated from the classroom to the office.

Office workers may not have heard of it but, according to Officebroker.com, which claims to work with 98 per cent of the UK's serviced office space providers and landlords, it's "one of the most alarming threats to productivity modern businesses face".

And it warns Kent firms it could well be here to stay, so has joined forces with leading stress consultant Ros Coleman to investigate if office ADD is unavoidable or if it can be sorted out by taking correct measures.

Office ADD was coined last year by American psychiatrist Dr Ned Hallowell, who noticed office workers with ADD symptoms – it's a neuro-behavioural condition, well known to teachers, which usually develops in childhood and is prevalent in one to three per cent of the world's population.

Symptoms include a poor eye for detail, forgetfulness, short attention span, listening problems, an inability to follow simple instructions, poor organisational skills, avoidance of tasks involving mental effort and the loss of important information.

### Breaking point

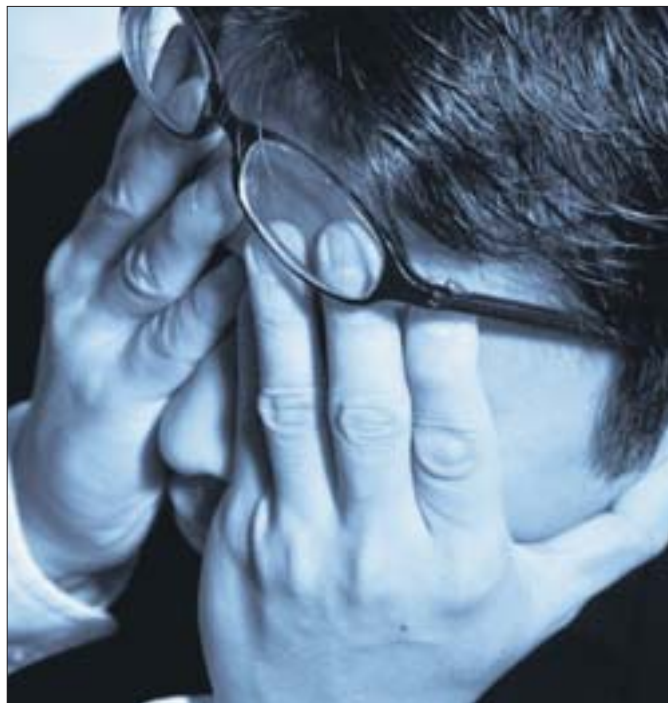
Officebroker.com managing director Jim Venables said: "Everyone has a breaking point when put under a lot of stress. When this point is crossed we break down and our attention diminishes."

"The good news is that there are measures businesses can take to help employees regain control of their lives and manage their workloads."

Ms Coleman, a member and former vice-chairwoman of the International Stress Management Association (UK), said: "Office ADD appearing more prevalent today could be because of the incredible advances in technology we have had to adapt to."

"On the up side, it is fantastic that we now have access to virtually any information immediately. On the down side, employers expect information immediately, often to unrealistic deadlines."

"As the pressure increases, the effect it is having on individuals is taking its toll. In the UK, one in six people report their jobs to be either very or extremely stressful and work-related stress accounts for one-third of all new incidents of ill-health."



**HIDDEN DANGER:** Office ADD could be a sign of extreme stress or impending burnout

"This includes mild to severe mental and physical health problems, emotional exhaustion and burnout."

"This cause-and-effect situation is what psychiatrists in the United States are now labelling Office ADD. Governments and employers should be taking it very seriously."

She advises office staff to: prioritise daily workloads; set aside time to go through e-mails each day; respond to new e-mails immediately; if your body is telling to stop don't ignore it; take regular breaks,

leave your desk and drink plenty of fluids, and most important of all, communicate with your boss and with your colleagues.

Mr Venables added: "Communication is the key to overcoming this problem. It is important for organisations to look for symptoms of Office ADD among their employees."

"At least if you know the problem you can offer to help. We are all human and there should be no shame for individuals to admit they are struggling. A chain is only as strong as its weakest link."

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# Flower blooms as Spitfires fall by the wayside

Picture: IOR KUPCO



**CAPTAIN'S INNINGS:** Rob Key's 120 not out wasn't enough to stop Essex Eagles beating Kent to the Pro40 Division Two title

GRANT Flower once again proved the scourge of Kent as the Zimbabwean hit an unbeaten 68 to deny the Spitfires promotion in Division Two of the Pro40, writes **Glenn Pearson**.

After helping Essex to a five-wicket win against Kent in the Friends Provident Trophy at Lord's last month, Flower once again proved the difference to help his side win the crucial Pro40 promotion decider by four wickets.

The defeat ensured Essex finished the season as champions of Division Two while the Spitfires missed out on promotion, finishing fourth, and caps off a frustrating one-day season in which they lost in both the final of the FPT and Twenty20.

The Spitfires scored a competitive 246-5 thanks to a superb one-day innings from

## CRICKET

skipper Rob Key. The Kent captain carried his bat for an excellent unbeaten 120 which came from 117 balls and included 15 fours and one towering six.

He put on a partnership of 112 with South African Martin van Jaarsveld who was controversially run out for 60 when it looked he was on for a big score.

Overseas all-rounder Yasir Arafat struck with the first ball of the Essex innings, bowling Eagles' captain Mark Pettini with a beauty that shaped away and pegged back his off stump.

From there on there was little for Spitfires' fans to cheer as Jason Gallian (51) And Ravi Bopapa (59) shared a stand of 113 to put

their side back in charge. However, Darren Stevens, not for the first time this season, broke the partnership by taking both wickets.

It brought Flower to the crease and the Zimbabwean veteran played the perfect innings to see his side over the line. Kent's bowlers, who were below par, found him difficult to bowl too and he eventually steered his side over the line with an over to spare.

Key said after the game: "It's a shame because I felt that was a decent score, but we probably weren't at our best."

"It's been the bridesmaid season but I don't think we should accept that. We have been in effectively three finals."

"It's things like that [losing in finals] that you need to get off your back. You need to start winning stuff so next time you come around to it you're not thinking about it."

## Fight back fails to earn Wood a point

AN ASTONISHING comeback by Lordswood was all in vain as they lost 4-3 away to Norton Sports on Saturday.

Norton went in front through Tony Clark with just 16 minutes on the clock and Mike Holden doubled the lead on 24.

It was 3-0 when Tom Price added the home side's third moments before the break and Norton seemed to be cruising until the visitors produced a staggering turn around, just past the hour mark.

Mortimer, Phillips and Beeny all hit the target within three minutes to draw Lordswood level, only for Clark to hit Norton's winner in the 88th minute.

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Mark Stimson reveals his plans to sign a striker during the loan window

## Lords crushed in season opener

LORDSWOOD'S London 3 South East campaign got off to a poor start when they suffered a 23-0 home defeat to Sevenoaks, who were relegated from London 2 South last season.

The Lords have a second consecutive home league fixture on Saturday when they host Old Elthamians, who enjoyed an ominous 46-7 win at home to Hove on the season's opening day.

In Kent 1 Medway lost 25-10 at home to Old Olavians, but Gillingham Anchorians had better luck, winning 17-0 at Askeans.

Down in Kent 2 Old Williamsons had the best result of any Medway side when they thrashed Foots Cray 53-0.

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# Nightmare seven goals leaves Stimson stunned

## FOOTBALL

BY FRED ATKINS

### Shrewsbury 7 Gillingham 0

GILLINGHAM'S first-ever visit to the New Meadow turned into the kind of nightmare Freddy Kruger used to specialise in.

Manager Mark Stimson was understandably disconsolate at the final whistle, having seen his side implode to their heaviest defeat in 47 years.

"We had a good start and looked lively, but after the first 10 minutes nothing went our way," he said. "We weren't at the races for the set pieces and struggled to keep our shape. It's never happened to me before this amount of goals conceded, though I have done it to a few teams before. Now we have to pick ourselves up and get on with it."

The way Gillingham began the game offered few signs of the trauma to follow. They might even have taken an early lead when Curtis Weston's half-volley from outside the area produced a brilliant save by Shrews keeper Luke Daniels.

But at the back they looked like an accident waiting to happen and on 27 minutes Ben Davies pumped a high ball into the area, where Mike Jackson's powerful downward header made it 1-0.

Three minutes later the lead was doubled when Davies flicked the ball on to David Hibbert, who cut inside and unleashed a fierce drive that was deflected into the net.

Garry Richards was then forced off after a clash of heads with Grant Holt and in his absence a freak third goal effectively put the game beyond the visitors.

Shrewsbury were awarded a free-kick 35 yards from goal and Davies' speculative effort eluded everyone before nestling in the net.

In the final minute of the half Graham Coughlan hit the Shrews' fourth, after Davies' corner was steered into his path by Jackson.

Richards returned to the fray in time to make a diving block to deny Coughlan a fifth, but if the travelling fans assumed things couldn't get any worse in the second half, they were gravely mistaken.

Seven minutes after the restart Shane Candell-Sheriff made it 5-0 after the Gills failed to clear a set piece and in the 58th-minute Simon King upended Holt, who picked himself up to convert the penalty.

Three minutes from time yet another set



Picture: IOR KUPCO

**EMBARRASSING:** Gillingham manager Mark Stimson was left wondering at the final whistle as to how his side fell to such a heavy defeat

piece found the Gills wanting. Davies' free-kick floated over Royce and although Stimson claimed the free-kick had been indirect, the goal stood.

"Our strengths come from two wide men hugging the touchline and feeding them the

ball, but today we didn't do that anywhere near enough," admitted Stimson.

"We'll learn from it and move forward. Today there were one or two individual performances I wasn't expecting, but hopefully they've all come at once and we'll move on."



# Chats out of cup as chances go begging

## FA CUP FIRST QUALIFYING ROUND

BY FRED ATKINS

### Chipstead 1 Chatham Town 0

A CLASSIC sucker punch was enough to knock Chatham out of the FA Cup in the first qualifying round on Saturday.

"It was very frustrating," manager Steve Binks confessed. "On another day we could have had three or four goals, but just before half-time they broke away to score."

The Chats created a series of chances, but the quality of their finishing proved lacking. Steve Haffner had a shot blocked and Darren Smith forced a good save out of the Chipstead keeper, but some impressive defending by the Ryman Division One South side kept the visitors out.

Just before the interval Chipstead counter-attacked. The visitors claimed one of their central defenders had been fouled, but the referee waved play on, leaving the Surrey side's striker one-on-one with Chats keeper James Tedder.

Tedder was powerless to prevent Chipstead taking the lead and there was no way back for the Chats in the second half, even though they created chances.

Mark Brooks went close and Tom Davey was thwarted, but arguably the best opportunity fell to Richard Avery, who ballooned a shot over the bar when he should have hit the target.

Binks admitted the home side had been impressive at the back, but rued his side's wastefulness.

"They defended very well," he said. "A combination of good defending and poor finishing has cost us and as you can probably tell, I'm very, very frustrated about it."

Chatham now have to return to Ryman Division One North action with a trip to Enfield Town on Saturday.

Town were formed in 2001 after a group of supporters broke away from Enfield FC, former champions of the Conference, in protest at the way their club was being run. Enfield FC subsequently went bust last year, while Town are now the best-supported side in the division, with an average gate of 240.

Binks says it could be a tricky fixture. "They're a very big club, but they've started poorly, like us," he said. "After that we've got East Thurrock United who are the leaders and it wouldn't surprise me if we 'did a Dover' against them."

In the last two seasons Chatham have excelled against sides who went on to become champions of Ryman Division One South. They took four points off Maidstone United in 2006/2007, then did the double over Andy Hessenthaler's Dover Athletic last year.



**KNOCKED OUT:** Chatham's Steve Haffner was unable to make the most of his chances as Chatham were dumped out of the FA Cup



**CATCH UP:** Mark McCammon is not yet fully fit

## Gills hitman in race to gain full fitness

### FOOTBALL

GILLINGHAM striker Mark McCammon has revealed he is only 70 per cent fit after missing most of pre-season and does not expect to be fully match sharp for another two games.

The 30-year-old suffered a hamstring injury in his first training session after his switch from Doncaster Rovers in July and only played one match before the season began.

He said: "It's the most vital part of the season really to get towards match fitness but I didn't manage that so I've been playing catch up a bit. I'm not as fit as I would like. I know when I do a pre-season I always come back sharp. I didn't manage to do that, it's a huge part for me because I'm big. I'm only around 70 per cent fit at the moment, after about seven or eight games I start to get match fit, it's vital to get the games in."

After five successive starts without a goal, McCammon was left out of the starting XI in favour of Gary Mulligan against Grimsby earlier this month. The Barbados international came off the bench and finally opened his account, which was a weight off his broad shoulders.

He said: "It was pleasing, the first goal is always vital. It's a confidence thing, in the previous games I was getting the ball cleared off the line, they just weren't going in so there was a sigh of relief to see the ball going in against Grimsby."

"Being a striker it is all about goals. Your overall contribution is important but you need to score goals, it will help my confidence."

The 6ft 2ins hitman helped Doncaster to promotion last season and believes Gills have what it takes to bounce straight back after slipping out of League One.

He said: "After relegation coming into the division obviously we are one of the bookies' favourites and there is a high level of expectation. From what I have seen I think it's a good squad, we have an ambitious manager and chairman and good supporters. We have all the requirements to get promoted."



**RESTRUCTURED:** Dynamos face stiff competition in Division One

# League tougher than ever, says Mos coach

## ICE HOCKEY

INVICTA Dynamos coach Kevin Parrish believes the days when his side could turn up and thrash teams are over after the English National Ice Hockey League's restructuring.

Instead of two parallel divisions in the south, the new format sees the Mos in Division One with the seven other strongest teams at their level in the region.

The Gillingham-based side averaged more than eight goals per league game as they finished the regular season unbeaten, but Parrish is expecting a sterner test for this campaign.

He said: "It's not about expecting to win some games by just turning up anymore, we have to play hard for every period this season."

"There are eight teams and anyone can win it. I think if you can win your home games and 50/60 per cent of your away games the league is yours for the taking."

The squad has undergone major personnel changes during the summer and was only completed a fortnight ago with the signing of Slovakian forward Martin Melicherik.

He said: "We had to restructure our team because of the new league set-up and I think with the players we have signed it shows we mean business."

"There's a good atmosphere in the room. The new boys are fitting in very well, they look like they have been here a long time. There are a lot of strong characters which we will need throughout the season."

The Dynamos got their season off to the perfect start with a thumping 5-2 win over Milton Keynes Thunder. The Medway side went two goals behind before new signing Martin Melicherik hit a brace to level.

Elliott Andrews put the Mos in the lead for the first time and they closed out the win with further strikes from AJ Smith and Milan Kostolny.

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See a video compilation of this weekend's FA Cup action involving Kent sides

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**Construction Expo 2008** has joined with Kent's Future Live, the regeneration show that has been held successfully for the past two years within Kent County Show. The merger of these two events will provide a powerful business platform for all those interested in construction, development and regeneration projects in Kent and Medway.

SEEDA, delivery boards, contractors, architects, developers, planners, suppliers, utilities and training providers are among the many exhibiting and visiting the show. Invitations have been sent to key decision-makers in the industry and to Ministers and local MPs.

A comprehensive conference programme will be held throughout the day; In the main exhibition area, modern building techniques will be demonstrated including the application of clay block and engineered flooring systems by Natural Building Technology and Total Floor Solutions. Other interactive demonstrations featuring brickwork, carpentry, painting and decorating, and roofing will be on hand.

Denne Construction will host its own mini-expo, aimed at schools, in a marquee next to the main exhibition area.

The show promises to be a valuable and vibrant day, concluding with a champagne reception and guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle.

Entry to Construction Expo 2008 is free to visitors who will have the opportunity to:

- View a wide range of solutions and services on offer from leading suppliers
- Receive expert advice from industry experts
- Attend a comprehensive Conference Programme – covering key issues within the industry
- Network with key players
- Visit the Mini Expo, showcasing work from schools in Kent and Medway

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### **Construction Expo is on Wednesday 24th September 2008 at Chatham Historic Dockyard.**

The exhibition opens at 8am and finishes at 4pm. Entry for visitors is free and fast track registration is available by visiting the website [www.constructionexpo.co.uk](http://www.constructionexpo.co.uk) or emailing [liz.hare@constructionexpo.co.uk](mailto:liz.hare@constructionexpo.co.uk) or call **01303 817172** for more information regarding the show.



## CONFERENCE PROGRAMME

Start	Speaker	Subject	Start Speaker	Subject	
	 <b>Glenys Gilbert-Collins</b> Project Director North Kent Construction Skills <b>Glenys will be your host for the day</b>		<b>11.05am</b>	<b>Stephen Stone</b> Chief Executive, Crest Nicholson 	<b>Realising the Rochester Riverside Vision</b> An exciting programme of Rochester Riverside flagship development will be unfolded during this presentation by the insightful CEO of Crest Nicholson. What is coming to Rochester and what will be the effect on Medway? (Later on in the afternoon, a riverside tour will be hosted by Medway Renaissance; there are limited places, so book if you haven't already done so!)
<b>9.00am</b>	<b>Councillor Jane Chitty</b> Portfolio Holder for Strategic Development and Economic Growth for Medway Council 	<b>Introduction</b> Jane will be opening and welcoming delegates and exhibitors at this year's Construction Expo.	<b>11.30am</b>	<b>Pooran Desai OBE</b> Sustainability Director BioRegional Quintain and One Planet Living 	<b>One Planet'</b> Pooran is a founding director of BioRegional Quintain Ltd, who are the joint developers alongside Crest Nicholson on Rochester Riverside. Pooran will outline the principles that form One Planet Living and what it will mean for people who will live, work and create a community at Rochester Riverside. Pooran is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.
<b>9.15am</b>	<b>David Liston-Jones</b> Chief Executive of the Thames Gateway Kent Partnership 	<b>Outline of presentation to Construction Expo 24 September 2008</b> David Liston-Jones's presentation will set the context for the day's discussions. He will describe the development of the Thames Gateway programme, and the particular issues and challenges we face in the Kent part of the Gateway. He will explain how the authorities and partnerships in North Kent are working together to tackle those issues, and highlight some examples of the real and significant progress that has already been made. Whilst we are currently operating in a challenging economic climate, the Thames Gateway is a long-term initiative and David will talk about the exciting plans for the future of the area.	<b>12.10pm</b>	<b>Rob Thompson</b> Legal Executive Brachers Solicitors 	<b>Debt Recovery</b> In this current period of economic uncertainty, Rob will present a practical "self-help guide" to help prevent businesses within the construction industry from falling victim to bad debt. After setting the scene with the latest debt statistics, he will deal with relationships with customers, with a view to hopefully avoiding problems arising in the first place. Emphasis will also be placed on the importance of clear contractual relations and maintaining the balance between marketing and realisations. Finally, he will share some hints on how to ensure that you are not seen as a "soft touch" whilst at the same time maintaining good customer relations.
<b>9.45am</b>	<b>Wayne Hemingway MBE</b> Designer and Business leader 	<b>The Bridge</b> Wayne has been working with Taylor Wimpey and Broadway Malyan on the masterplan for one of the first Thames Gateway schemes in Dartford, The Bridge. He is therefore no stranger to the wider Thames Gateway issues surrounding social housing, space, design, jobs and skills. In his presentation Wayne will outline his vision and what opportunities are to be had at both the good and the challenging times. Wayne will welcome questions from the floor after his presentation. Wayne is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.	<b>12.45pm</b>	<b>John Winson</b> Site Facilities and Business Development Manager for Select Plant Hire Lang O'Rourke group	<b>Setting up a construction site</b> John will outline the issues involved in setting up site accommodation and the ever increasing cost of hiring so many different skilled contractors. He will cover the constraints surrounding planning, security as well as new environmental requirements.
<b>10.15am</b>	<b>Alan Cherry</b> Chairman of Countryside Properties 	<b>The Future – A developers' perspective</b> What's happening in Kent and Medway? What shape and form will it take and how is the industry responding to the changes? With the demand for sustainable communities, more social housing and so on, how should the industry respond to these demands? Alan Cherry brings a wealth of experience to this Expo conference and will explore these issues with his audience.	<b>1.20pm</b>	<b>Paul Toben</b> Programme Manager- London 2012 Games Business Link Kent 	<b>Register for CompeteFor and see opportunities</b> 2012 Games. Is your company fit enough to compete for the work being generated by the 2012 Games? Paul will give practical advice as to how companies in Kent and Medway can register for CompeteFor and access London's 2012 sub-contractor opportunities.
<b>10.40am</b>	<b>Pete Halsall</b> Managing Director of BioRegional Quintain 	<b>Building techniques and skills</b> So how will Rochester Riverside be built? Pete will give a clear outline exploring examples of the new building techniques and skills sets to be adopted at Rochester Riverside and where they have been used in other parts of the South East. He will also explore the opportunities that exist for local companies when adopting new modern methods of construction. There will be live demonstrations of some of these techniques taking place on the event floor throughout the day.	<b>1.55pm</b>	<b>Jane Ollis</b> Sustainable Business Programme Manager: Business Link Kent 	<b>Are you a small firm looking to win public sector contracts?</b> Find out what public sectors contracts are coming up in Kent over the next 6 months and the opportunities for your business. Preparing tenders can help you win big orders but can be time consuming and costly. Come along to this session to find out why its worthwhile and why your environmental credentials are becoming more important.
			<b>2.30pm</b>	<b>Russ Timpson</b> Principal Engineer and Managing Director of the Fire Strategy Co 	<b>Fire Safety</b> A talk on serious fires at construction sites which will include 2 to 3 case studies and the risk management around these.
			<b>3.00pm</b>	<b>Wendy Mesher</b> Medway Renaissance 	<b>Rochester Riverside Tour with champagne reception</b> A guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle. Spaces are limited for the boat tour, so book early!

**Conference Programme may be subject to changes without prior notification**